The Compleat

Servant-Maid:

OR, THE

Young Maiden's and Family's

DAILY

COMPANION.

Directing them how they may fit themselves for any of these Employments;

VIZ.

Waiting-Woman,	Cook-Maid,
House Keeper,	Under-Cook-Maid,
Chamber-Maid,	Scullery-Maid,
Wet *and* Dry Nurses,	Laundry-Maid,
House-Maid,	Dairy-Maid.

Whereunto is added,

An *Appendix* or *Supplement*, containing Rules and Directions for writing several Sorts of Hands; how to learn *Addition* and *Subtraction*, with a *Multiplication-Table*.

ALSO

The Compleat MARKET-WOMAN; teaching how to buy *Fowl*, *Fish*, *Flesh*, &c. and to know their Goodness and Badness in every Respect, whether Young or Old, New or Stale, to prevent being Cheated.

With TABLES ready Cast up, necessary for [illegible] or others to carry to Market to prevent the Butchers [illegible] posing on them, or for any other Business.

The Ninth Edition with large [illegible].

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The Compleat

Servant-Maid:

OR,

THE

FAMILY COMPANION.

B M

AN EPISTLE TO ALL Young Maidens.

Sweet Hearts,

SO ſtrong, ſo great, ſo vehement is my Deſire for your Benefit and Advantage, your Proſperity, and Preferment in this World; that I have with much Pains and Induſtry, not only compoſed, but enlarged this Book, as a Rich Store-houſe, for you: From whence you may be furniſhed with ſuch excellent Directions as may qualify you for, and make you capable of ſerving the Greateſt Perſon of Quality, or a Gentleman or Gentlewoman in City, Town, or Country. For, beſides thoſe neceſſary Directions and Inſtructions, which teach you how to behave your ſelf; you are alſo taught your Buſineſs and Duty in the ſeveral Employments of a *Waiting-Woman*, *Houſe-Keeper*, *Chamber-Maid*, *Wet* and *Dry Nurſe*, *Houſe-Maid*, *Cook-Maid*, *Under-Cook-Maid*, *Scullery-Maid*, *Laundry-Maid*, and *Dairy-Maid*: So that if Fortune allots you to go to Service, you may here learn to fit and prepare your ſelves for any Houſe Employment.

You have here the Art and Method of *Carving*, with its proper Terms; of *Preſerving*, *Candying*, *Conſerving*, and *Diſtilling*; of making divers ſorts of *Wine*, *Syrups*, *Beautifying-Waſhes*, &c. *Phyſical* Receipts; of *Waſhing* and *Starching Tiffanies*, *Hoods* and *Laces*, &c. of *Paſtery*, *Pickles*, *Cookery* in all

Branches. You have also an Appendix or Supplement, directing you how to learn *to Write*, and *cast Accounts*; how to be a compleat *Market-Woman* in chusing and buying any *Poulterers*, *Fishmongers*, or *Butchers* Ware; and how to chuse *Brawn*, *Venison*, *Hams*, *Gammons*, *Butter*, *Cheese*, *Eggs*, and *English* and *Outlandish* Fruit.

So that if you diligently and carefully peruse this Book, and follow the Directions given therein; you will soon gain the Character of a compleat Servant, which may be the Means of making you good Mistresses. For every Sober, Honest, and Discreet Man will rather chuse a Wife, who has gained the Reputation of a good and a compleat Servant, than one who can do nothing but deck her self fine, and like a *Bartholomew-baby*, is fit for nothing else but to be look'd upon.

Young Maidens,

Let me prevail with you, for your own Interest, to read this Book often; and read it carefully and with Attention; and as every one in a lower Station covets and desires to be advanced higher, till at length they have enjoy'd the height and Perfection of their Wishes; so I entreat and advise you to learn the Duty and Business of every superior Employment mentioned herein, before you arrive at it: Otherwise, you will appear awker'd, and perhaps be discharged for want of due Qualifications.

These Considerations will, I hope, excite and stir you up to attain the best Accomplishments: Which that you may do is the most fervent, hearty, earnest, and sincere Desire of your Well-wisher, who bids you *FAREWE'L*.

THE

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GENE-

GENERAL
DIRECTIONS
TO
Maid-Servants
Of what Degree, or in what Station ſoever.

1. IF you would obtain the Eſteem and Reputation of a good Servant, and ſo procure to your ſelf not only great Wages, but alſo great Gifts and Vailes; and alſo the Love of your Lady or Miſtreſs, and the Bleſſing of God upon all your lawful Endeavours; you muſt in the firſt Place be mindful of your Creator, according to the Advice of *Solomon*, Eccleſ. XII. 1. *Remember thy Creator in the Days of thy Youth.* Be careful in ſaying your Prayers Morning and Evening; read good Books, and hear Sermons as often as you conveniently can.

2. Be diligent in endeavouring to pleaſe your Lady or Miſtreſs; be faithful, honeſt, and ſubmiſſive to them; do not incline to be ſlothful, or lie long in Bed, but riſe early in a Morning.

3. Be humble and modeſt in your Behaviour.

4. Be neat, cleanly, and houſewifely in your Cloaths, and lay up what Money you can handſomely ſpare.

5. Be careful of what is given to you, or what you have in your charge, that by so doing you may oblige them to be loving to you, and speak well of you; and when you are ordered to do any thing, do not grumble or let your Countenance betray any dislike thereunto, but do it chearfully and readily.

6. Do not associate your self, or keep Company with any, but those with whom you may improve your self.

7. If you are intrusted with any Secrets be careful not to reveal them to any one.

8. Waste not or spoil your Lady's or Mistress's Goods: Do not sit up junketting, merry-making, or talking, after your Master or Mistress are gone to Bed.

Lastly, if you behave your self civilly and soberly; if you are neat, clean, and careful to please, you will be cherished and encouraged, not only with good Words, but also with good Gifts and Presents.

Thus I have given some short Directions in General; and shall now proceed to give you particular Directions for every Employment from the Waiting-Gentlewomen to the Scullery-Maid, that so you may be capable of serving in the highest as well as the lowest Place.

Directions for such as desire to be Waiting-Gentlewoman.

THE Business of every one who waits upon a Person of Honour or Quality, is to attend her Lady in her Bedchamber every Morning when she intends to rise, to prepare and bring her Breakfast to her, whether it be Tea, Chocolate, or any thing else, and to wait upon her until she is ordered to withdraw: She is to Dress and Undress her Lady, and to take care of her Cloaths and Linnen, and to fold them up Smooth, and Handsome. She is to Dress her Lady's Heads, and to ask her

her what Suit she will be pleased to Wear: And when her Lady is dressed, she is to retired to her own Apartment, and put on her Cloaths that she may be ready when she is called. If her Lady orders her to go abroad with her, she is to sit in the Coach with her Back to the Horses, and her Face to her Lady. She is to receive and carry all Messages and Compliments to her Lady; and if any Persons of Quality or any Gentry come to pay a Visit, and her Lady be abroad, or has no mind to see Company, the Waiting-Gentlewoman is to attend them at their Coaches, receive their Compliments, and write down their Titles or Names, and deliver a List of them to her Lady.

This is the principal Business of a Waiting-Gentlewoman, and therefore she must know how

1. To dress well, and be well acquainted with the Mode or Fashion of the Court.

2. She must write a plain legible Hand, good Language and good English; and take great care to Spell perfect and true, which will be a Grace to her Writing.

3. She ought to have some Skill in Arithmetick, in which she may be instructed in the latter end of this Book.

4. And as she is to dine at the Steward's Table, and may sometimes perhaps be favoured to dine with her Lady in private; she ought therefore to know how to carve well, Directions for which shall be given in its proper Place.

5. And forasmuch as most Persons of Quality have left off one Branch of the House-keeper's Business, and expect to have it supply'd by the Waiting-Gentlewoman, she must therefore know how to Preserve, Candy, *&c.*

But before I proceed to give Directions at large concerning these Matters, it will be necessary to admonish the Waiting-Gentlewoman to be courteous and modest in her Behaviour, to all Persons according to their Degree; to be humble and submissive to her Lord and Lady, Master and Mistress, neat in her Habit, loving to Servants, sober in her Countenance and D

courſe; not uſing any wanton Geſture or Expreſſion, leſt ſhe may thereby give occaſion to be ſuſpected of Levity, and ſo be enticed to Debauchery; and by that means loſe a Reputation, which can never be recovered. Let her endeavour to reconcile Quarrels and Diſputes, and never to foment or encreaſe them; let her Temper be even, and her Carriage and Deportment be ſuch, as not to be too familiar with her Inferiors; leſt it occaſions Contempt, nor to be haughty and proud, which never fails to procure the Ill-will and Hatred of every Body.

The Houſe-keeper's Buſineſs.

SHE that would qualify her ſelf for a Houſe-keeper, muſt carry her ſelf Grave, Solid, Sober, and Serious, which will inculcate into the Perſon, whom ſhe is to ſerve, a Belief that ſhe will be able to govern a Family well. She muſt have a competent Knowledge in Preſerving, Candying, Spoon-Meats, and the like; alſo in Diſtilling all manner of Waters, and making Syrups. She muſt be careful, for it is part of her Buſineſs, to look after the reſt of the Servants, that they all perform their Duties in their ſeveral Stations; that they keep good Hours in going to Bed, and in Riſing, and that no Goods be either ſpoil'd or embezzled. It is her Buſineſs alſo to take care that all Strangers be civilly and handſomely uſed in their Chambers, and her Lord or Lady, Maſter or Miſtreſs, be not diſhonoured through the Neglect or Miſcarriage of their Servants; and if the Servants are not at Board Wages, ſhe is to portion out their Breakfaſts and Suppers to them. She is to take care of all the Plate and Linnen in the Houſe, and be careful in ſetting down what ſhe gives out to the Butler, that ſhe may be certain whether he returns the ſame to her again. She ſhould be well skilled in buying of Fiſh, Fleſh, Fowl, *&c.* for it is her Buſineſs to go to Market

and

and provide neceſſaries for the whole Family, and therefore ſhe ought to know how to caſt Accompts, which ſhe will find in the Appendix to this Book, calculated more immediately for her Uſe. She ought alſo to have a competent Knowledge in Phyſick and Surgery, that ſhe may be able to help her Maimed, Sick, and Indigent Neighbours: For commonly all good and charitable Ladies make this a Part of their Houſe-keepers Buſineſs.

Directions for ſuch who deſire to be Chamber-Maids, to Perſons of Honour or Quality, or to Gentlewomen, either in City or Country.

THE Buſineſs of a Chamber-Maid, is to make her Lady's Bed ſoft and eaſy, to lay up her Night-Cloaths, and ſee that her Chamber be kept neat and clean, and that nothing be wanting which ſhe deſires or requires to be done, ſhe muſt waſh fine Linnens well, and ſtarch Tiffanies, Lawns, Points, Laces, and mend them neatly, and waſh White Sarſenets, and ſuch like things. And the better to fit her for this Employment, ſhe muſt know how to dreſs well, that ſhe may be able to ſupply the Place of a Waiting-woman, if ſhe chance to fall ſick, or be abſent from her Lady: ſhe muſt be modeſt in her Deportment and Behaviour, be ready at her Lady's Call, and always Diligent: Never anſwer again if your Lady takes Occaſion to reprove you, except it be to acknowledge your Fault, and that you are ſorry for having committed it, promiſing to amend for the time to come; Ask pardon, and endeavour to mitigate her Anger by mollifying Words. Be Loving, Courteous, and Civil to your Fellow-ſervants; do not giggle or idle away your Time, or be wanton in the Society of Men; for an honeſt and ſober Man, will rather make that Woman his Wife,

whom he ſees employ'd continually about her Buſineſs than one who waſtes and trifles away her own, and her Lady's Time: Neither will a Virtuous and Underſtanding Lady entertain ſuch a Servant long, whom ſhe finds to be of ſuch a Temper. Be not ſubject to change Places, but remember that a Rolling-ſtone will gather no Moſs; ſo if you move from one Place to another, you will gain but little Profit or Credit.

If you would fit your ſelf to ſerve a Gentlewoman in City or Country, you muſt know not only how to Dreſs, Waſh, and Starch very well; but muſt underſtand all ſorts of Needle-work, and Plain-work, to make Spoon-meats, [of which you will find an Account hereafter] to raiſe Paſte, Dreſs Meat well, make Sauces for Fleſh and Fiſh, garniſh Diſhes, and make Pickles (for which you will find Directions, when I come to treat of a Cook's Buſineſs,) and ſee that every thing be ſerved in well and handſomely to the Table in due time, and to wait with a graceful Air and Decorum at Table, if required to do it. You muſt alſo be skilful in buying all manner of Proviſions: [Directions for which you will find in the Appendix to this Book;] You muſt ſee that all things be decent and fitting in the Parlour and Dining-Room, and alſo in your Miſtreſs's Bed-Chamber, and lay up every thing in due Place. You muſt endeavour to take off your Miſtreſs from all the Care you can, and give her a true and juſt Account of what Money you lay out for her, ſhewing your ſelf thrifty in all your Diſburſements. Be careful in looking over Inferior Servants, that they waſte nothing that belongs to your Maſter or Miſtreſs. Laſtly, be diligent in performing whatever your Miſtreſs commands you; be neat and clean in your Habit, modeſt in your Carriage, ſilent when ſhe is Angry, willing to pleaſe, quick and neat-handed about what you do, and be of an humble and good Diſpoſition. For the reſt, I refer you to the Buſineſs and Directions, laid down for a Waiting Woman, that attends a Perſon of Honour or Quality.

Of Wet and Dry Nurſes.

BEFORE I begin to give Directions to, or ſhew the Buſineſs of Nurſes, it will be proper to give ſome Rules for chuſing a good Wet-Nurſe.

The Mother's Milk is certainly the moſt natural to every Child, and agrees beſt with it, but for as much as every Mother cannot give ſuck to her own Child, but is prevented by ſome Means or other, a ſound healthy Nurſe is therefore to be choſen; ſhe ſhould not be younger than twenty-four Years, nor older than thirty-five; of a fair and ruddy Complexion; one who has not been lately brought to Bed, or given ſuck too long. Her Breaſts ſhould not be either large or ſmall, but of a middle ſize; for if they are large, her Milk will be cold for want of natural Heat, and not well concocted, and conſequently will create Crudities and Diſtempers in the Child: If they are ſmall, ſhe will not have Milk enough to ſupply the Child's natural Want; and for the ſame Reaſon, fat Breaſts are to be avoided; ſhe ſhould be of a middle Stature, and not lean, nor yet groſs or fat: her Temper ſhould be even, not ſubject to Paſſion, Anger, Grief or Repining; for Children generally take after their Nurſes.

The Buſineſs of a Wet Nurſe is to be careful, tender, and as loving to the Child as if it were born of her own Body; ſhe is to be very watchful of it, and eſpecially in the Night-time, that it may not ſpend it ſelf in crying for the Breaſts, and to take ſpecial care not to over-lay the Child, which is Murder in one Degree. She is to keep it ſweet and clean, and not to let it lie in its wet or foul Clouts, which ſhe is to Waſh and Dry, if ſhe has no body to do it for her; and therefore ſhe muſt not be ſtinted in her Number, but have plenty of them, ſo that ſhe may have ſome always in readineſs. But as every good Nurſe knows her buſineſs, I ſhall not

dwell longer upon this Head, but proceed to give her ſome Directions.

Her Food ſhould be ſuch choice Meats, as are of eaſy and light Concoction, which will engender good Blood and Juices; ſhe is to abſtain from hot Aromatical Spirits, as Pepper, Ginger, Cardamum, and ſuch like; alſo from Leeks, Onions, Garlick, ſharp and tart things; from ſtrong Wines, Drams, and cold Water; however a moderate Glaſs of Wine will do her no hurt, provided ſhe does not uſe it often. She muſt avoid immoderate Eating and Drinking, for Exceſs of either will corrupt the Milk, and occaſion the Leproſy, Scurf, or other Diſeaſes in the Child; ſhe is to abſtain from Care, Anguiſh of Mind, Vexation, *&c.* and take heed that ſhe does not provoke her Menſtruous Courſes.

She muſt not ſleep much, for that makes the Milk Phlegmatick; neither muſt ſhe watch more than is convenient, for from hence the Milk comes to be hot, ſharp, and diſtaſtful to the Child: ſhe ought to uſe moderate Exerciſe, eſpecially in her Arms, as in Sowing, Knitting or Spinning, for by theſe Means evil Humours are conſumed, as by Sloth and Eaſe they are engendered and encreaſed.

She is alſo to abſtain from *Copulation*, which will very much offend the Child, as it Retracts, Diminiſhes, and makes the Milk to be of an unſavory Taſte, rendering it Hot, Rank or Goatiſh, which is very prejudicial to the Infant.

When the Milk decreaſes upon other Accounts, Polteſſes of Bean Meal, or Rice, are fit to be uſed, alſo Spoon-Meats, made of Bread with Milk and Sugar, to which may be added a little Fennel Seed.

If the Milk be thick, it muſt be made thin by ſlender Diet, ſubtil Wine, and Syrup of Vinegar, and alſo by uſing exerciſe: but if it be too thin and wateriſh, groſs and ſtrong Meats, and encreaſe of Sleep will be convenient. If the Milk be corrupted a little Mugwort groſly bruiſed and put into a Linnen Cloath, and ſo into Broth, with a little Honey added to it, will do a great deal of good.

The

The Care of an Infant.

If the Child's-belly be looſe, the Nurſe's Food ought to be more groſs and ſtrong, and her Sleep longer; but it is a Fault in Nurſes and Parents to let Children ſuck till they bring forth ſharp and great Teeth or to give them Wine or ſtrong Drink before they have bred their Teeth, for they will be corrupted; and when they have got their Teeth, their Arms and Back-Bones are to be rubbed gently after they come out of their Sleep.

It is of great Concern in what ſwaddling Cloaths Children are wrapped: for when they are not all tied up, or the Clouts are too looſe, they are ſubject to Fluxes, Impoſthumes, apt to be Crooked-Backt, and other Diſcommodities; and if their Knees are too ſtrictly tied and bound up, and their Thighs left at liberty, they are often made lame thereby.

When they cry or feel Pain, or will ſleep, they are to be pacify'd, either by ſhewing the Breaſt, or Singing, or by Rocking either in Cradles, or Hanging-Beds, to be carried up and down. When Children lie down they ought to be laid ſtrait; and not to have too many things over them, leſt they be made too hot; nor too few, leſt they catch cold. Let the Linnen-Cloth, in which they are wrapped, be neat and clean, for Children are offended with Urine and Excrements.

When the Infant grows ſick, as from a cold Diſeaſe, the Nurſe is to be nouriſhed with hot dry Meats and Drink, ſo that thereby it may grow well again: So alſo if it be taken with other Diſeaſes, as with an *Ague*, the Nurſe ſhall uſe *Plantain Water*, and ſuch like things; and give them Pap made with Crums or Morſels of Bread broken, or ſliced thin, which are more wholeſome than when made of Bread or Meal.

When Infants caſt up their Milk, a Corral ſhould be hung about their Neck down to their Middle, which is uſeful for them alſo in their Teething; and Ivory is good for the ſame purpoſe.

Till two Years old give them Honey often, for that keeps them from Convulſions, and Coſtiveneſs of the Belly, and prevents the Milk, they eat, from doing them any Injury.

Nurſes ſhould be careful in not being too forward to teach Children to ſtand or walk, eſpecially if they are heavy or groſs, or fat, for as their Limbs are but meer Griſſels, they cannot ſupport the weight of their Bodies, and from thence proceed Bandy or Crooked Legs, Rickets, *&c.*

Concerning a Dry Nurſe.

THE Buſineſs of a Dry-Nurſe is to attend and take care of the Child, that is committed to her Charge; ſhe is to dreſs and undreſs, waſh and comb the Child; ſhe is to make her own Bed, Sweep, Waſh, and keep clean her own Room, provided ſhe has no body allowed to do it for her. She is to keep the Child's Linnen always mended, and not to ſuffer them to run too faſt to decay; ſhe muſt be careful to ſee that the Child keeps good Hours as to its going to Bed and riſing, and to provide its Breakfaſt at good and convenient time. She is to teach and hear the Child read often if it be required of her ſo to do; but ſhe is in a more eſpecial manner to teach it to ſay its Prayers, and not to be too haſty or angry with it, if it has not a Capacity to learn ſo faſt as ſhe might expect. She muſt not be churliſh or dogged to the Child, but be always Merry and Pleaſant, and contrive and invent ſome pritty Sports and Paſtimes, as will be moſt ſuitable and agreeable to the Child's Age: And ſhe is to take care that it does not over-load its Stomach by eating or drinking too much, (which Children are very apt to do, if they are left at their own Liberty therein,) for from thence ariſe many foul, groſs, and ſharp Humours, which

which occaſion Blotches, Breakings out, Convulſions, and other Diſeaſes.

If therefore you would fit your ſelf for this Employment, you muſt love young Children, and they who are naturally inclined ſo to do, are the propereſt Perſons; otherwiſe you will quickly diſcover your Inability to manage that Charge. You muſt be careful and cleanly about them, and not let them ſit too long at Meats, or at any other time, but walk them often up and down, eſpecially thoſe who cannot go well of themſelves.

You muſt be always very careful that they get not any Falls through your Neglect; for by ſuch Falls (the caſe being at firſt unperceived) many have grown irrecoverably Lame or Crooked. If therefore any ſuch thing ſhould happen, be ſure to conceal it not, but acquaint your Lord or Lady, Maſter or Miſtreſs with it, as ſoon as poſſible, that ſo proper Means may be uſed for the Child's Recovery, before it be too late.

Do not let the Children ſee that you love one above another, for that will be a Means to deject and caſt down the other; neither terrify them into a Compliance to do any thing, by talking of Ghoſts, Spirits, Hobgoblins, and ſuch like ridiculous things, (which is a wicked Method too often put in Practice to the great Detriment of Children) for, comparatively ſpeaking, as they are ſoft as Wax, the firſt Impreſſion will be deep, and as they encreaſe in Years, they will retain it the ſtronger, and it will be almoſt impoſſible ever to root it out of their Minds. This evil and unhappy Method of Proceeding has cow'd and ruined many promiſing and hopeful Spirits, and when People have imbibed theſe fallacious and dangerous Notions in their Infancy, and perſevered therein till they have arrived to Maturity, they have become dull, heavy, and ridiculous in their more advanced Years.

Conſult and humour every Child's Genius, Temper, and Inclination; and endeavour by fair Words to perſuade them to do what you would have to be done, rather than uſe any harſh Threats or Methods.

Correct

Correct not any Children by Stripes or Blows, except you are authorized so to do; and then let your Correction be very moderate. Have a special Care how you behave your self before them, and neither speak or act misbecomingly, lest your bad Examples prove the subject of their Imitation.

Lastly: Consider the Charge you take in Hand; and do not desire or covet this Employment, as a great many do, imagining it to be an easy kind of Life, and void of Labour and Pains taking, and thinking that Children will be pleased with any thing; you will find the contrary, for it is a troublesome Employment, and the Charge more burthensome, and of greater Weight and Concern, than such vainly imagine.

Directions for House-Maids in great Houses.

1. THE principal Business and Office of a *House-Maid* is to make clean the greatest part of the House, and you are not to suffer any Room or Stairs to remain foul or dirty.

2. You are to look carefully to all the Hangings, Chairs, Stools, *&c.* to brush them often, and to make and turn the Beds.

3. You are not to misplace any thing, by carrying it out of one Room into another, for that is the way to have them lost, or to be reprimanded for not keeping them in their proper Places.

4. You are to be diligent and careful of all Strangers, and see that they want nothing in their Chambers, which your Lady or Mistress will allow, and that your Close-Stools, and Chamber-Pots be daily emptied and kept clean and sweet. And if you want any necessary Implements belonging to your Office, as Brooms, Brushes, Mops, Pailes, *&c.* you are to apply your self to the House-keeper for them.

5. You

5. You are to help the Laundry-Maid in a Morning on a Washing Day.

6. In the Afternoon you are to be ready to assist the Waiting-woman, or the House-keeper, in doing any thing they order you to do; as Preserving, Candying, &c.

Directions for such as desire to be Cook-Maids in Noble, or Gentlemens Families.

IF you would qualify your self for this Business, and consequently gain great Wages, large Vailes, and the Reputation of an accomplish'd Cook, you must be skilful in raising all manner of Pastery, and making all sorts of Cickshaws, Pickles, &c. and be very dextrous in dressing all kind of Flesh, Fowl, and Fish, to make variety of Sauces proper for them, and be curious in garnishing your Dishes.

As you must know how to dress Meat well, so you must know how to save what is left of that which you have dressed, of which you may make handsome and palatable Dishes again; by which Means you will save your Masters Purse, and credit of his Table.

You must be as saving as you can, and cleanly about every thing; and see that your Kitchen be kept clean, and all things scowered in due Time, your Larders also, and your Cup boards, and that no Bits of Bread or Scraps of Meat lie about, to give them an ill Smell.

You must be careful that your Meat taint not for want of good Salting, and that your Salting Vessels be kept sweet: You must also have your Dinner and Supper ready in due time, lest you put the House quite out of Order. Do not covet to have the Kitchen-stuff for your Vailes, for that will make you a bad Housewife of your Masters Goods, and teach you to be a Thief, for you will be apt to put that which should go

into

into the tryed Suet, into your own Pot: therefore rather ask more Wages.

Lay not all your Wages out on your Back, but lay up something againſt old Age, Sickneſs and a hundred other Caſualties; for you may aſſure your ſelf, it is more commendable for one in your Buſineſs, to go decent and clean, than gaudiſhly fine.

Directions for under Cook-Maids.

IF you would fit your ſelf for this Place, as that it may be a Means to raiſe you to a higher, you muſt be careful, diligent, and willing to do what you are bid to do, and though your Employment be greaſy and ſmutty, yet you may keep your ſelf from being Naſty. Therefore let it be your care to keep your ſelf as neat and clean as your Buſineſs will permit: Obſerve every thing in Cookery that is done by your Superior or Head-Cook, treaſure it up in your Memory, and when you meet with a convenient Opportunity, put that in Practice which you have obſerved: And this Method, cloſe followed, will advance you from your lower Station to a higher, another Day. Every one muſt have a Beginning, and if you be Ingenious, and bend your Mind to improve your ſelf, no one will be ſo churliſh and unkind as to refuſe to teach you. Beware of Goſſips and Chair-women, and eſpecially avoid Chandlers-ſhops, liſten not to their idle and vain Tales, for they will miſadviſe you, and endeavour to perſwade you, that you are capable of doing better than you are able to do. Have not a mean Opinion of your Ability, neither be puft up with Pride, if you can do ſmall Matters: And beware of Temptation, for many Men have fallen foul upon Women in a lower Station than yours. Remember that your Buſineſs is to attend and follow the Directions of the upper Cook, whether in ſtirring the Fire, ſcumming the Pot, or minding the Oven; and

while

while she is preparing and getting ready one thing, you are to follow her Instructions in taking care of, and looking after another. Do not grumble at your Task, but look upon it, not only as your Duty to perform it, but as it will be a Benefit and Advantage to you hereafter.

Directions for the Scullery-Maid.

YOUR Business is to keep sweet and clean all the several Rooms or Places, which belong to your Charge, as Kitchen, Pantry, Scullery, &c. You must Wash and Scower all the Plates and Dishes, that are used in the Kitchen; also the Dressers, Cupboards, Kettles, Pots, Pans, with all the Brass, Tin, Iron, and Pewter Materials belonging to your Kitchen and other Apartments. You are to be subservient to, and obey the upper Cook, and the under Cook, to make the Kitchen Fire, bring in Sea-Coal and Charcoal, wind up the Jack, take away the Ashes, and to be ready to perform every thing which they shall have occasion to require you to do. You must Wash your own Linnen and the Kitchen-Linnen, and when you have made an end of your Work, fail not to wash and dress your self titely and cleanly. And if you are careful and diligent in this Place, you may be advanced to one more profitable.

Directions for the Laundry-Maid.

THE Business of a Laundry-Maid is to take care of all the Linnen in the House, and to wash them in due time, and not let them lie to stink, and grow Yellow, and so create to your self the trouble of wash-

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ing them again, before they are uſed, and perhaps be reprimanded for your Neglect. You are to take care to examine your Linnen, and mend every Hole or Brack, before they be waſhed; and you are to ſet a part certain Days for waſhing ſuch Rooms as ſhall be appointed you to waſh and keep clean, and not to entertain any Chair-woman without the Knowledge and Conſent of your Maſter, Miſtreſs, or the Houſe-keeper, and you are to be ſparing, and not laviſh of your Soap, Fire, and Candle. You are to take care that your Tubs and Coppers, or whatever elſe you make uſe of, be kept clean and in good Repair; and be careful to riſe early every Morning, eſpecially on Waſhing-Days. Be ſubmiſſive to to your Superiors, courteous to your Equals, friendly to your Inferiors, and loving to all: And by doing as you are here directed, you will have the Eſteem, Credit, and Reputation of a compleat Laundry-Maid.

Directions for a Dairy-Maid.

YOUR Buſineſs is to take care that all your Veſſels be well Scalded, and kept very clean; to Milk your Cattle in good time, for they will expect it by cuſtom, though you neglect it, which would turn to your Diſadvantage. You are to ſave all the Cream, and not give it away to liquoriſh Perſons, and you muſt keep certain Days for Churning, and make up your Butter neat and clean, waſhing it well from the Butter-Milk, and Salting it well. Your Buſineſs alſo is to make Cheeſes good and tender, by well ordering them and to give the Whey to the Hogs, and not to Goſſipping and idle People, who live principally upon what they get from Servants. You are to fatten Fowls, if required, which you ought to take care to do for your own Credit.

You ought to Milk your Cows in the Spring and Summer-time, between the Hours of five and ſix in the Morning,

Morning, and between Six and Seven in the Evening: And in the Winter time about Eight in the Morning, and Four in the Evening. Provide your Winter Butter and Cheese in the Summer, and the best time to put up your Butter for Winter is in the Month of *May*; for then the Air is most temperate, and the Butter will take Salt the better; however it may be done any time between *May* and *September*. When you Milk your Cows stroak them well, and in the Summer time save those Stroakings by themselves, to put into your Morning-Milk Cheese: Be sparing, and lavish not away your Milk, Cheese, Butter, or Whey.

Directions for Washing and Starching Tiffany.

DO not put any Soap on your Tiffany, except it be on the Hems of it, and let it be Crown-soap which you use; then Wash it very well in three Lathers pretty hot, and let your last Lather be made thin of the Soap: Do not rinse it, or wring it overhard, dry it over Brimstone keeping it as much from the Air as possible, for that will spoil it, if it comes to it. Then make your Starch of a reasonable Thickness and blue it according to your liking; and to a Quarter of a Pound of Starch, put as much Allom as the bigness of a Hazel-Nut, boyl it very well, and strain it, and as it boyls dip your Tiffany into it, and wet it very well, then lay it up in a clean Cloth to keep it from drying. Clear and dry it by slapping it together in your Hands, then hold it before a good Fire until it be thorough Hot, then clap it and rub it between your Hands from the Fire, till you see it is very clear. Then shape it by a piece of Paper, cut out by it before it was washed, and Iron it with a good hot Iron, and it will look as glossy as new Tiffany.

To Wash and Starch Lawns.

Lawns are to be washed and starched in the same manner with a Tiffany, but not to be finished the same way:

for

for you must observe to Iron them on the wrong side, and upon a Cloth that has been wetted and wrung pretty dry. Instead of Starch you may use, if you please, Water in which Gum-Arabick has been dissolved, and when you have wet your Lawns in it, hold them to the Fire, clapping and rubbing them between your Hands (as before directed) until they are very clear.

To wash White Sarsenets.

Spred your Sarsenet very smooth and strait in a Frame, and spread Soap upon those places that are soil'd or dirty; afterwards take a small hard Brush, dip it in Water and make an indifferent thick Lather by rubbing your Sarsenet well with it, the right way of the Silk, and when one side is well washed, wash the other also. Then make a clean Lather scalding Hot, and put in your Hoods double into it, and cover it up; and as fast as you wash more cast them into it. You must give them three good Washes upon the Board, and after the first Lather, let the rest be pretty Hot, and cast them into Scald every time, then make up a scalding hot Lather, and add thereto some Water in which Gum-Arabick has been dissolved, and some Smalt to blue it. Double up your Hoods, and let them lye in that Lather for an Hour, and before you take them out, dip them very well all over, then fold them up to a little compass, and squeeze them smooth between your Hands, then smoak them over Brimstone, and draw them even every way, till they be little more than half dry; smooth them with good hot Irons, having put them into your Frame, as when you washed them, and upon the Right side of the Sarsenet.

To wash Black Sarsenets.

They are to be washed the same way with the others, only rinsed in Small-Beer cold, without any Gum-Arabick in it; and Iron them upon the wrong-side on a Woollen-cloth.

To wash coloured Silk-Aprons.

They are to be done in the same manner with White-sarsenets, only you must not use any Brimstone, or Smalt.

To

To wash Laces.

Lay your Lace smooth and strait upon a Board, then take a Linnen-cloath, put some Soap on it, dip it in warm Water, and wash the Lace with it. When it is clean put a little Blue in your second Water, and wash it over again; then take it off from the Board, and rinse it in, Water made as blue as you think proper, then take a clean Linnen-cloth, and dry the Lace in it, then draw it out very smooth with your Hands, and Iron it on the wrong side, do not let your Iron be above half hot. Open the Purls with a Needle, and it will look like new Lace.

To clean Points and Laces.

Take white Bread of half a Day old, and cut it in the middle, and pare the Crust round the Edge, so that you may not damage your Point or Lace when you rub them; lay them on a clean Cloth upon a Table, and rub them very well all over with the white Bread; then take a small soft Brush, and rub over the Bread till you think you have rubb'd it very clean, then take the Point or Lace, and shake the Bread clean off, then slap them often with a clean Cloth, that no Crums may remain.

Thus you may get the Soil off from, *White Sattin, Taffety, Tabby,* or any coloured Silk, provided they are not greasy, or very dirty.

To Wash and Starch Points.

Put your Point into a Tent or Frame, then take the very best Soap, and make a Lather with it; dip a soft Brush in the Lather, and rub your Point very well on both sides, and so do till you have wash'd it in four Lathers, and than wash it in Water only, and afterwards in Blue-water, not made too Blue. Then take some thin Starch, and wash the Point over on the wrong side with your Brush, and so let it dry, then lay it upon a Table, and with an Ivory Bodkin, made for that Purpose, open it in the closest and narrowest parts thereof; then open the Ginp, and Over-cast, and the Illet-holes, and when they are thus opened, you must Iron them on the wrong side.

To take Spots of Ink out of Linnen.

Let it ſoak all Night in Urine, and the next Day rub all the Spots in Urine, as if you were waſhing in Water, then lay it in more Urine another Night, and then rub it again, and ſo do till the Spots be quite out.

To take Stains of Fruit out of Linnen.

Before you waſh it, rub every Spot well with a little Butter, then let it lie ſcalding a while in hot Milk, and when it is ſomewhat cool, rub the ſpotted places in the Milk, till the Stains are quite out, then waſh it in Water and Soap.

To take greaſy Spots out of Silk, Stuff, or Cloth.

Take a Linnen Rag, and wet it very well in Water; then with a pair of Tongs put a live Sea-Coal or Wood-Coal upon the Rag; cloſe the reſt of the Rag about the Coal as haſtily as you can, and lay it preſently ſmoaking-hot upon the Greaſy-ſpot, and as often as it cools take another, and apply it after the ſame manner; this do till all the Spots are taken out.

To clean Gold and Silver-Lace.

Take the Lace off from the Garment, and lay it upon a Table, and with a Bruſh rub it very well with burnt Allom, beaten to powder and ſifted fine, till it comes to its right Colour, then ſhake it very well, and wipe it often with a clean Linnen-cloth.

Beautifying Waters, &c.

To make the Face fair.

BOYL Roſemary Flowers in White Wine, and waſh your Face with the Liquor.

A Water to keep the Face from Freckles.

Take of Bean Flowers, and *Flowers de Lis*, of each one Pound, Strawberry-flowers three Pounds, Sal Gemine and Nitre four Drams, and Roach and Plume Allom one Ounce; infuſe theſe for a Fortnight in two Quarts of White-wine-Vinegar, the ſame quantity of Malmſey

Malmsey Wine and as much *Hampshire* Honey, then distil them in a moderate Sand-Bath. When you go to Bed, dip a Rag in this Water, and apply to the Hands, Face, Neck, &c. and the next Morning wash them with Nenuphar-water.

To take away Freckles.

Wash the Face, Neck, or Hands, in the Sap that issues out of a Birch Tree, being pierced in *March* or *April*, and received in a Glass Receiver.

To make the Hands White.

Take Bean-Flowers, Lupines, Starch-Corn, Rice, Orrice, of each six Ounces, mix them, and reduce them to a Powder, with which wash your Hands in Water.

An excellent wash for the Face.

There is nothing better in the World to wash the Face with, to keep it smooth, and to scour it clean, than to wash it every Night with Brandy, wherein you have steep'd a little Flower of Brimstone, and the next Morning wipe it only with a fine Linnen Cloth.

To take away the Marks of the Small-pox.

Mix the Juice of Lemons and a little Bay-salt together, and with a Feather dipt therein, touch the Spot several times in a Day.

To make the Teeth White.

Take Harts-horn, and Horses-teeth, of each two Ounces, Sea-shells, common Salt, Cypress-nut, of each one Ounce, make a Powder, and work it up with a Mucilage of *Gum Tragaganth*, and rub the Teeth with it.

To clean the Teeth when very foul or black.

Take one drop of *Oil of Vitriol*, and wet the Teeth with it, and rub them with a Cloth.

To keep the Teeth White, and kill Worms.

Take a little Salt in a Morning fasting, hold it under your Tongue till it be melted, and then rub your Teeth with it.

To cure a Stinking-breath.

Take one handful of Wood-bine, and as much Plantain, bruise them very well, then take a Pint of Bay-salt and as much Water, with a little Honey and Allom, boil

keep these together in a Glass, wash your Mouth well therewith, and hold it in your Mouth.

To procure an excellent Colour and Complexion, used by the Countess of S——

Drink Hyssop Water in a Morning fasting, six Spoonfuls in Warm Ale.

For Pimples in the Face.

Wash your Face with warm Water, when you go to Bed, and let it dry: Then take the White of an Egg, and put it into a Saucer, set it upon a Chasing-dish of Coals, and put into it a Piece of Allom: beat it together with a Spoon, till it becomes thick, then make a round Ball, and anoint the Face where the Pimples are.

To take away Sun-burn.

Take the Juice of a Lemon and a little Bay-salt, and wash your Face and Hands with it, and let them dry of themselves: This do twice or thrice together, every Day.

To take Wrinkles out of the Face.

Make a Decoction of Briony and Figs, of each a like Quantity: Wash the Face with it.

To make Hair grow thick.

Make a strong *Lye*, then take a good Quantity of Hyssop-roots, and burn them to Ashes, and mix the Ashes and Lye together, and therewith wash the Head.

PHYSICAL RECEIPTS.

How to prepare excellent Receipts for several Distempers.

For a Tertian Ague.

TAKE a good quantity of Celendine, a Spoonful of Salt, and the bigness of an Egg of Leaven, and as much *Alicant* and *Spanish-soap*; stamp them well in a Mortar, and make a Plaister of them, and apply

apply them to the Patients Feet an Hour before the coming of the Fit, having added thereto four or five Yolks of Eggs.

For a Ptiſick.

Take two Ounces of Liquorice, ſcraped and bruiſed, three Ounces of Figs, of Agrimony, Horehound, Elecampane, of each one handful; boyl them in one Gallon of Water, till half be waſted, then ſtrain the Herbs from the Juice, and uſe it early and late.

For the dry Ptiſick.

Stamp Fennel Roots, and drink the Juice thereof in a Glaſs of White Wine.

For any Itch or breaking out.

Take Frankincenſe, and beat it ſmall in a Mortar, and mingle with it Oil of Bays, and therewith anoint your ſelf.

For a Stitch in the Side.

Take three handfuls of *Mallows*, boyl them in a little raw Milk, and add thereto one handful of Wheat-bran; boyl them, and wring out the Milk, then lay the Mallows and Wheat bran to the Stitch, as hot as can be borne. Apply it often.

Another.

Take a few leaves of *Rue* and *Yarrow*, ſtamp them together, and wring out the Juice, and drink it in a little Ale.

For a Conſumption, and Hectick Fevers.

Take a Capon, pull out the Guts, cut it in Pieces, and take away the Fat: Boyl it in a cloſe Veſſel in a ſufficient Quantity of Spring Water. Take three Pints of this Broth, of Burrage and Violate Water, a Pint and half, White Wine one Pint, Red Roſe Leaves two Drams and a half, Borrage-flowers, Violets, and Bugloſs, of each one Dram; pieces of Bread out of the Oven, half a Pound; Cinamon bruiſed half an Ounce. Diſtil all in a Glaſs Still, according to Art. This is an excellent Remedy.

For running of the Ears.

Take the Juice of Elder, and drop it into the Ear of the party grieved; It will cleanſe the Matter and

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the Filth thereof. The Juice of Violets is also very good.

For Bloodshot Eyes.

Take the Roots of Red Fennel, stamp them and wring out the juice, then temper it with clarify'd Honey, and make an Ointment of it; anoint the Eyes therewith, will cure them.

For Child-Blanes.

Boyl half a Peck of Oats in a Quart of Water till its dry, then anoint your Hands with Pomatum, and your Feet with the same; and after they are well chafed, put them into the Oats as hot as you can endure them, covering the Vessel with a double Cloth to keep in the Steem; do this three or four times.

For the Yellow Jaundice.

Take two Pennyworth of English Saffron, and the like quantity of Turmerick and Mace, beat them into a fine Powder with a small quantity of Rheubarb in Powder, then add as much white Sugar to them, as will make them palatable. Mix them together, and take as much thereof Morning and Night in the Pulp of a roasted Apple, as the bigness of three hazel Nuts.

For an inflamed Face.

Take Ointment of Mallows, and three or four Drops of Oil of St. John's-wort, mix them together, and anoint the Place therewith several times. Then take one or two gentle Purges.

For Ring Worms.

Take two Ounces of Vinegar of Squills, Alloes, Juice of sower Dock, Oil of Tartar, of each three Drams. Make a Lineament, and rub the place with it

For the Wind Cholick.

Take the Flowers of Wall-nuts, and dry them to a Powder, and take it in Ale, Beer, Wine or Broth.

A Sear-Cloth for all Aches.

Take one Pound of Rosin. Perresin, Mastick, and Deer-suit, of each a quarter of a Pound, Turpentine two Ounces, Cloves bruised one Ounce, Saffron two Drams, Mace bruised two Ounces, boyl these in Oil of Camomile, and reserve it for Use.

A Bal-

A Balſam for Wounds, &c.

Take one Pound of Venice Turpentine, of Oil of Olive three Pints, of natural Balſam one Ounce, of Red-ſaunders one Ounce, Oil of St. John's-wort one Ounce, of the beſt Sack half a Pint, cut the Wax, and melt it on the Fire, and let it catch on the Fire, then take it off, and put the Turpentine to it, having firſt waſhed the Turpentine thrice in Damask Roſe-water, and having mingled the Oil with the Sack, put them to them, place them on the Fire, and ſtir all about until it begin to boyl, for if it boyl much it will run over ſuddenly. Let it cool for one Night or longer, then put it over the Fire again, and add your natural Balſam and the Oil of St. John's-wort, and when all is melted, put in the Red-ſaunders; ſtir it well that it may incorporate, and when it begins to boyl take it off the Fire, and ſtir it well until it grows thick. Put it up, and keep it for Uſe: It will laſt good thirty Years and upwards.

The Vertues of this excellent Balſam are many:

1. It is good to heal any Wound, inward or outward being ſquirted warm into the inward Wound, and being applyed to the outward Wound upon fine Lint, or Linnen, and anointing the parts thereabout, it not only takes away the Pain, but prevents Inflammations, and draws out broken Bones, or any thing that may putrify or corrupt the Place, if the Brain, Liver, Guts, or Heart be not affected: It will heal the Wound in four or five Dreſſings.

2. It heals any Burning or Scalding, and any Bruiſe or Cut, being firſt anointed therewith, and a Piece of Lint dipt in the ſame, being applyed thereto, and no Scar will remain.

3. It helps the Head-ach, by anointing the Temples and Head therewith.

4. It is good againſt the Wind-Cholick, and Stitch in the Side, a quarter of an Ounce being applyed warm, Morning and Evening, and a hot Cloth laid upon it.

5. It helps the Biting of a Mad-dog, or any other Beaſt.

6. It is good againſt the Plague, anointing the Noſtrils and Legs in the Morning.

7. It is good againſt Worms, or Canker, uſe as in a Cut; but to be continued longer.

8. It is good for one infected with the Meazles or Plague, if it be preſently taken in warm Broth the quantity of a Quarter of an Ounce four Mornings together and ſweat upon it.

9. It helps Digeſtion, anointing the Stomach and Navel with it at going to Bed; it will ſtaunch Blood of a great Wound by putting ſome of it on Lint, and tying it on hard.

10. It helps all Pains in Womens Breaſts, and all chops that came by a Bruiſe.

11. It prevents any Scar of the Small Pox, the Place being anointed therewith.

12. It helps all Strains and Swellings, and ſcarce miſſes any thing.

For a Black Jaundice.

Take Fennel-ſeed, Sage, Parſley, Gromwel, of each a like Quantity, and make Pottage thereof with a Piece of good Pork, and eat no other Meat.

An excellent Diet-drink for the Spring, to purge and cleanſe the Blood.

Take of Scurvy-graſs, half a Peck, Brook-lime, Water-creſſes, Agrimony, Maiden-hair, Liver-wort, Burrage, Bugloſs, Betony, Sage, Sweet-Marjoram, Sea-wormwood, Tops of Green-Hops, Fumitory, of each a good handful; of Ivory, Harts-horn and Yellow-ſaunders of each one Ounce; Red-dock Roots two Ounces, Purſlain, Fennel, Aſparagus-Roots, of each one Ounce, of Raiſins one Pound. Boyl theſe in a Gallon of Beer, then ſtamp and ſtrain them, and tun up the Liquor with three Gallons of new Beer to work together. Drink half a Pint in a Morning faſting.

For the Dropſy, hot or cold.

Take the Tops of Red Mint, Archangel or Blind Nettles, and Red-ſage, of each a ſmall Quantity, ſtamp them together, and ſtrain the Juice into ſome ſtale Ale,

so much as will serve to drink Morning and Evening. Repeat this for ten Days together.

Another.

Take Green Broom, and burn it in a clean Place, then take ten or twelve Spoonfuls of the Ashes, and boyl them in a Pint of White Wine for a good while; cool it, and drain the Wine from the Dregs, and divide it into three Parts, one to be taking fasting in the Morning, the second about four o' Clock in the Afternoon, the other at Bed-time.

For Griping in the Guts.

Take Anniseeds, Fennel-seeds, Bay-berries, Juniper-berries, Tormentil, Bistort, Balustines, Pomgranate-peels, of each one Ounce: Boyl them in Milk, strain it, and add the Yolk of an Egg and six Grains of *Laudanum* dissolved in Spirit of Mint. Make a Clyster of it, and let it be taken warm.

For the Falling Sickness, or Convulsions.

Take the Drag of a Peacock, make it into Powder, and take as much of it in a little Succory as will lye upon a Shilling.

For Deafness.

Take Wild Mint, mortify it by squeesing it in the Hand till the Juice appears, then take it with the Juice and put it into the Ear, and change it often. This will help Deafness if the Person was not naturally Deaf.

An Ointment for any Wound or Sore.

Take two Pound of Sheeps-suet, or rather Deer's-suet, one Pint of Candy-oyl, a quarter of a Pound of the newest Bees-wax; melt them all together, and having stirred them well, put to them one Ounce of Oil of Spike, and half an Ounce of a Goldsmith's Burrace; heat them again, and stir them all together. Put it up in a Gallypot, and keep it close covered with a Bladder for use.

For a dry Cough.

Take Anniseeds, Ash-seeds, and Violets, of each an equal Quantity; beat them to Powder, or stamp them well, then boyl them in fair Water till it grows thick.

Strain the Liquor, put it up, and let the Patient drink thereof Morning and Evening.

For an Ague.

Take the Root of a blue Lilly, ſcrape it clean and ſlice it, and ſoak it all Night in Ale; ſtamp it in the Morning, and ſtrain it; let the Patient drink ſome of it luke-warm, an Hour before the Fit comes.

For a Quartan Ague.

Take a white Flint-ſtone, and let it lie in a quick Fire until it be red-hot, then take ſome ſmall Beer, and quench the Flint therein: When the Fit comes on, let the Patient drink a large Draught thereof, and another in the midſt of the Fit. Do this for four ſeveral Ague-Days at leaſt.

To Comfort the Stomach.

Take two Ounces of old Conſerve of Red-Roſes, and two Drams of Mithridate, mix them together and take the quantity of an Hazel-nut. This will expel all Flatulency and Windineſs of the Stomach; drives away raw Humours, and venomous Vapours, helps Digeſtion, drys up Rheum, and ſtrengthens the Sight and Memory.

To Cure Corns.

Chew Beans in your Mouth, and at Night bind them faſt upon the Corns. Repeat it often.

For the Head-ach.

Take Roſe Cakes, ſtamp them very ſmall in a Mortar with a little Ale, dry them by the Fire, and apply them to the Nape of the Neck at Bed-time.

To prevent the Tooth-ach.

Boyl ſome Spurge in White Wine, and waſh your Mouth twice a Week with the Liquor.

A Preſent Remedy for the Tooth-ach.

If the Tooth be hollow, take the Herb Spurge and ſqueeze it, then mingle Wheat-flower with the milky Subſtance that comes out of it; make a Paſte of it, and put ſome into the Tooth, and change it every two Hours. The Tooth will drop out if it be rotten.

For Stone or Gravel.

Take the hard Row of a Red-herring, dry it upon a Tile in an Oven, then beat it to Powder. Take as much as will lye upon a Six-pence, every Morning fasting in Rhenish Wine.

The Plaister of Plaisters for Contusions, Bruises, in the Reins, &c.

Take two Pound and a half of Red Roses beaten to Powder, two Pound and a quarter of Heifer's Tallow, melt it by a gentle Fire and cleanse it, when it is cold scrape the Dross from the Bottom, and melt it in a Brass Vessel, then strew in pounded Rosin by handfuls, and stir it with a Willow Stick cut broad at one end, until all be well mixed and melted. Have in Readiness a Pewter Bason and in it of the Waters of Camomile, English Briony Root, and Damask Roses, of each eight Ounces, Powder of Salt of Scurvy-grass, and Vitriol camphorated, of each one Ounce and a half. Mix all the Ingredients together, and stir them well with the Willow Stick, until the Salt and Waters seem to be swallowed up: continue stirring it until the Water appears again, and work it thus until the Mass or Body be as white as Snow. Let it stand one Month in the Water covered from Dust, and when you use it let it not come near any Fire; but work a little at a time upon the Palm of your Hand until it be as white as Snow, and spread it on a Linnen Cloth, and apply it to the part grieved.

Physicial Receipts for Infants.

What is to be given to an Infant when new-born.

THE first thing that ought to be given to a new-born Babe (says a learned Physician) is half a scruple of *Corral*, finely powdered, and mixed in a little Milk; and this will prevent its being ever troubled with the *Falling-sickness*. But in case that this cannot be had, then let the first thing, given to them, be a

little Salt mingled in a Spoonful of *Saxifrage*, or *Hyſſop-water*, which will prevent the trouble of Frets, and other Diſeaſes in Children following the Birth. But if you have not either of theſe at Command, then give it a little *Honey* to lick.

For Infants troubled with Wind and Phlegm.

Let the Nurſe give them a little fine Sugar Candy, bruiſe and ſifted, and mixed with *Saxifrage*, or Scabious Water in a Spoon.

For a Thruſh.

Take a new-laid Egg, make a little hole in the Top, and ſuck out the Meat; then fill the Shell with Honey and burnt Allom mixt together: Put it upon a ſoft gentle Fire, and let it boyl ſtirring it about with a Bodkin, when it is luke-warm anoint the Place with it.

To prevent the Navel ſticking out.

Take the Juice of Purſlain and mix it well with the like Quantity of Oil of Roſes; dip a Cloth therein, and bind it on the Navel.

For an Ague.

Take the Herb call'd *Harts-tongue*, ſtamp it, then mingle it with Bay-ſalt, and ſpread it upon a Linnen Cloth; apply it to the Child's Wriſts three or four Hours before the Fit comes, and when the Fit is over, apply a freſh one before another Fit comes. Continue to do this, and the Child will be cured.

For a Canker in the Mouth.

Take a Flower-de-luce Root, waſh it, and ſlice it, and a few Leaves of Penny-royal, let them be ſteept well in a ſufficient quantity of Spring Water, and waſh the Mouth with it.

Another.

Take Plantain Juice, Vinegar, and Water of Roſes; mix them together, and waſh the Mouth therewith.

For Convulſion Fits.

Take the Powder of the Scull of a Man or Woman, waſh'd clean and dry'd in an Oven, boyl it in Poſſet-Drink, and give two Spoonfuls of it to the Infant Morning and Evening, or oftener if need requires.

To ſtop a Looſeneſs.

Put a ſmall quantity of Powder of *Cinnamon* in the Infants Pap, and give it to him.

To cauſe Children to breed Teeth eaſily.

Take of pure Capon Greeſe, very well clarify'd, the quantity of a Nutmeg, and twice as much of pure Honey; mix them well together, and anoint the Child's Gums three or four times in a Day, and they will break Fleſh eaſily; it will alſo prevent Fevers, Agues, and other tormenting Griefs and Pains, that attend the coming forth of Teeth.

An excellent Remedy to cure Children of the Rickets.

Take a Quart of Cream, and boyl it to an Oil, then take three or four large handfuls of Camomile, mince it ſmall, and put it into the Oil, and let it boyl upon a gentle Fire, until the Heads become Criſp, and that it be very bitter, then ſtrain it, and anoint the Child's Side downwards, and the bottom of the Belly, and the Ribs, Morning and Evening. Alſo give the Child thrice a Day, two Spoonfuls of *Harts-tongue* Water, putting in ſome brown Sugar-Candy powdered, and having firſt ſteept ſeven or eight Cloves in it: Wean the Child, or elſe no Medicine will recover it, and carry it as little as you can in your Arms, and when you do, keep it ſtirring. In a ſhort time it will cure it.

An outward Ointment for a Week Child.

Take Strong-bow, March, Rue, Camomile, Fox-gloves Leaves, Dwarf-elder, Fenegreek, Suthern-wood, Comfrey-leaves, Yarrow, Brook-lime, Harts-tongue, Adders-tongue, Eyebright, Brown-wort, Liver-wort, and Red-nettles, of each one Handful, pound them well in a Mortar, and ſtrain the Juice; then boyl it with freſh Butter, new Churned, and without any Salt, till it comes to an Ointment, and anoint the Child with it.

A Bath for a Sick or week Child.

Take Broom-wort, Yarrow, Fenegreek, Strong-bow, Adders-tongue, Harts-tongue, Dwarf-elder, March, Fox-gloves Leaves, Rue, Comfrey-leaves, Egrimony, Haw-tree Bloſſoms, Furze-bloſſoms, Hazel-tree Leaves, Hemlock, Common-elder, Broom, and Angelica, of

theſe a ſufficient Quantity to make a Bath, and bathe the Child therein once or twice a Week. And when the Child is in the bathing Tub give it a ſmall Glaſs full of Wine or Ale, and when you take the Child out, wrap it in warm Flannel, and put it into the Cradle, or a Bed, and let it Sweat for an Hour: When the Child is cool, let it go to Sleep.

For a Child that is Liver-grown.

This Melady is to be perceived by the narrowneſs and ſharpneſs of the Child's Cheſt, the Sides being drawn in: Bathe it as before mentioned, and when you take it out of the Tub, hold it with the Heels up, and Head downward. and give it three or four ſtroaks on the Soals of the Feet, neither too heavy or too moderate, which you may judge by the Child's crying. Put it to Bed as before directed.

The Terms and Method of Carving.

I ſhall now proceed to give ſome Directions for Carving but I ſhall firſt mention the Terms that are uſed in Carving Fowl, Fiſh, and Fleſh, &c.

Allet the Pheaſant,
Barb a Lobſter,
Break a Parcel or Teal,
Chine a Salmon,
Border a Paſty,
Break a Deer, or Egript,
Mince a Plover
Rear that Gooſe
Sauce a Capon or Tench,
Cut up a Turkey or Buſtard,
Gobbet a Trout,
Diſmember that Heron,
Display that Crane
Diſfigure that Peacock
Fin that Chevin or Chub,
Leach that Brawn,
Lift that Swan,
Timber the Fire,
Fire an Egg,
Trunch that Sturgeon,
Sauce Place or Flounder.
Bide that Haddock,
Splay that Bream,
Splat that Pike,
Unbrace a Mallard,
Under-tench a Porpus,
Un-joynt a Bittern,
Unlace a Coney or Rabit,
Untach that Curlew,
Untach that Brew,

Spoil

Spoil that Hen,	*Loyn* the Soal
String that Lamprey,	*Chine* a Gurnet
Thigh a Pidgeon, Woodcock, and all ſorts of ſmall Birds,	*Breaſt* a Rail,
	Allet a Patridge,
	Wing a Quail,
Trounchen that Eell	*Shoulder* a Lamb or Kid,
Fruſt that Chicken	*Head* and *Side* a Pig
Tusk a Barbel	*Tame* that Crab

To Diſplay a Crane.

IN doing this you muſt unfold his Legs, and cut off his Wings by the Joynts, then take up his Wings and Legs, and ſauce them with powdered Ginger, Muſtard, Vinegar, and Salt.

To ſpoil a Hen.

To do this you muſt take off both the Legs, and lace it down the Breaſt, then raiſe up the Fleſh, and take it clean off with the Pinion, then ſtick the Head in the Breaſt, ſet the Pinion on the contrary ſide of the Carcaſs, and the Legs on the other ſide, ſo that the Ends of the Bones may meet croſs over the Carcaſs, and the other Wing croſs over upon the Top of the Carcaſs.

To Unlace a Mallard.

Raiſe up the Pinion and the Leg, but do not take them off, raiſe the Merry-thought from the Breaſt, and lace it down ſlopingly on each ſide the Breaſt with your Knife.

To Unbrace a Coney.

In doing this you muſt turn the Back downwards, and cut the Belly-flaps clean off from the Kidneys, and looſen the Fleſh from each ſide the Bone: Then turn up the Back of the Coney and cut it a croſs between the Wings, and lace it down cloſe by the Bone on each ſide, then open the Fleſh from the Bone againſt the Kidneys, and put the Leg, open ſoftly with your Hands, but do not pluck it off. Thruſt in your Knife between the Ribs and the Kidneys, ſlit it out, then lay the Legs cloſe together.

To Allet a Pheaſant.

To do this you muſt raiſe his Wings and Legs, then proceed as you are before taught in ſpoiling a Hen.

To Cut up a Turkey or Buſtard.

You muſt raiſe up the Leg very fair, then open the Joints with the Point of a ſharp Knife, but do not take off the Leg, lace down the Breaſt on both ſides, and open the Breaſt-pinion, but take it not off, then raiſe up the Merry-thought betwixt the Breaſt bone, and raiſe up the Fleſh called the Brawn, turn it outwards on both ſides, but break it not, nor cut it off, then cut off the Wing-pinion next to the Body, and ſtick on each ſide the Pinion in the Place where you turn'd out the Brawn, but cut off the Sharp end of the Pinion, take the middle Piece and that will juſt fit the Place.

To Sauce a Capon.

You are to proceed in the ſame Manner as in cutting up a *Turkey* or *Buſtard*, with this difference only, that you muſt not cut off the Pinion of the Capon, but in the Place where you put the Pinion of the Turkey, place there your divided Gizzard, on each ſide half.

To Rear a Gooſe.

Take off the Legs very fair, then cut off the Belly-piece round cloſe to the lower end of the Breaſt, lace her down with your Knife clean thorough the Breaſt on each ſide, two Thumbs Breadth from the Breaſt-bone, then take off the Wings on each ſide with the Fleſh which you firſt laced, raiſing it up clear from the Bone; then cut up another piece of Fleſh which you formerly laced, then turn the Carcaſs, and cut aſunder the Back-bone about the Loin-bones; take the Rump-end of the Back-bone and lay it at the Fore-end of the Merry-thought with the Skin-ſide upwards, then lay the Pinion on each ſide contrary; ſet the Legs on each ſide contrary behind them, that the Bone-end of the Legs may ſtand up croſs in the Middle of the Diſh, and the Wing-pinions on the Out-ſide of them. Put under the Wing-pinions on each the long Slices of Fleſh, which you did cut off from the Breaſt-bone, and let the Ends meet under the Leg-bones.

To Liſt a Swan.

Slit her right down the Middle of the Breaſt, and ſo clean thorough the Back, from the Neck to the Rump, and

and ſo divide her equally in the Middle without tearing the Fleſh from either Part. Having laid it in the Diſh with the Slit-ſide downwards, let your Sauce be in different Sauces.

To Break a Teal.

Raiſe the Wings and Legs of the Teal, and no Sauce but Salt.

To Allet a Patridge and Wing a Quail.

Raiſe his Legs and Wings as in ſpoiling a Hen, and if you Mince either, make Sauce with a little White-wine, and a little beaten Ginger, keep it warm upon a Chaffing-diſh of Coals.

To Untach a Curlew or Brew.

Take either of them, raiſe the Legs as before mentioned, and uſe no Sauce but Salt.

Mary ann

To make divers Sorts of Wines, &c.

To make Cherry-wine, as in Kent.

GATHER your Cherries in a dry Day, let them be full ripe, ſtalk them, and ſtamp them as Apples, breaking the Stones, then put them into a Tub, and cover them up cloſe for three Days and Nights; then preſs them, and put your Liquor into the Tub again, and let it ſtand for two Days more, cloſe covered: Then ſcum it ſo carefully that you do not diſturb it, and pour it off from the Lees into another Tub, and let it ſtand two Days more to clear, then ſcum, and pour it off as before. To each Gallon of Liquor put one Pound and a half of Sugar. [and if you add one Pint of Sherry it will make it much better,] ſtir it well together, and cover it up cloſe, and let it ſtand till next Day; then pour it off the Lees, and let it ſtand till the Day following, then pour it off from the Lees, and put it into your Veſſel, and if you ſee the Lees are groſs, you may repeat this the oftener to make it fret. When you have put it up in the Cask, ſtop it and let it ſtand eight Months, and when it is fine, Bottle it, or elſe draw it

off

off into another Veſſel, and let it ſtand eight Months longer: It ſhould not be drawn until it is at leaſt a Year old. If it be Fine, when you Bottle it, 'twill keep ſeven Years.

This helps Digeſtion, allays the heat of Choler, purifies the Blood, gives good Nouriſhment, and creates a chearful Complexion.

To make Currant-wine.

Take four Gallons of clear Spring-water, let it ſimmer and purge over the Fire, and take off the Scum as it riſes; then diſſolve in it eight Pounds of the beſt Virgin Honey, and when it is cold, add the like Quantity of Currant-juice, well ſtrained, and to every Gallon four Pounds of Loaf-ſugar and a little Cinnamon. Put it into your Cask, let it work, and when it has done working, ſtop it up, and let it ſtand two Months; then draw it off the Lees, put it into another Cask, and let it ſtand three Months longer. When it is perfectly fine, Bottle it off for uſe.

This allays the Violence of Thirſt, reſiſts Putrefaction, ſtops Vomiting, and is admirably cooling in hot Diſeaſes.

To make Morello-wine.

Take twenty four Pound of Morello-cherries, and having pulled of the Stalks, bruiſe the Cherries, and break the Stones: Preſs out the Juice, and put it to nine or ten Gallons of mellow White Wine, then put the Skins and Stones into a Canvaſs Bag (and you may add to them if you pleaſe, of Cinnamon, Cloves, Mace, and Nutmeg, each an Ounce groſsly bruiſed,) let them be hung in the Cask, ſo as not to touch the Bottom, and let it ſtand two Months: Then draw it off and Bottle it.

It is good againſt Peſtilential Air, Vapours, Fainting of the Heart, Falling-ſickneſs, Convulſion-Fits, and Convulſions of the Nerves.

To make Gooſeberry-wine.

Chuſe the whiteſt, largeſt, and ripeſt Gooſeberries, pick them clean from the Tops and Stalks, bruiſe them, but not ſo much as to break the Stones, for that will

give

give a bitter Taſte, ſqueeze out the Juice, and to every Pound or Pint of the Liquor put a Quart of Water, and to every Quart of this Liquor put twelve Ounces of Sugar. Put it into a Cask and let it purge ten or twelve Days, then draw it off from the Dregs, and Bottle it with a lump of Loaf-ſugar and one Clove in every Bottle.

This is a pleaſant Drink in health, cooling in Sickneſs, allaying the heat of Fevers, Small-pox, and other hot Diſeaſes, it purifies the Blood, and ſtrengthens the Heart.

To make Wine of Mulberries, Rasberries, Strawberries, Dewberries, or Blackberries.

Gather your Berries when they are thorough ripe, pick them, and preſs out the Juice with a Hair-bag in a Preſs; put the Liquor in a Fat, and let it ſtand to Work, when it has worked pretty well, put it into a Cask, but do not fill it by half a Foot or a Foot, and when the Fury of the Working is over, at about twelve or fifteen Days repleniſh it with more Juice, repeat this often as it works, for new Wine will waſte and ſpend it ſelf until it is perfected. During the time of its working, it muſt be kept as warm as you can, by keeping out Northerly and cold Winds, leſt they cauſe it to be pricked, or turn acid. About the latter end of *March* you may ſtop it up for good and all.

This is cooling and reſtorative.

To make Wine of Apricocks, Peaches, Plumbs and Nectarines.

Take either of theſe at full Ripeneſs, but not inclining to Rotteneſs, pare them thinly, and cut them in halves that the Stones may be taken out, then ſlice them thin, and to two Gallons of Water put one Quart of White Wine, boyl it over the Fire, and ſcum it well, then put in the Fruit, and let it ſimmer in the Liquor till it becomes very ſoft, then take it off, and let it ſtand twelve Hours without ſtirring: Then ſtir it and when again it is ſettled, pour out the Liquor, ſtrain it well, and preſs what remains at bottom, throw a fine Canvaſs-

bag

bag into it, and when it has fermented and worked well in a Cask, put to every Gallon two Pounds of Loaf-sugar, add some Cloves and Mace, grosly bruised and boyled in a Quart of White-wine then Bottle it for use.

It gives good Digestion, fortifies the Stomach, purifies the Blood, and allays any Heart or Inflammation of the Liver and Reins.

To make Elderberry-wine.

Boyl six Gallons of Water for an Hour or more, and pour it hot upon twenty four Pound of *Malaga* Raisins, pickt from the Stalks, rubb'd clean, and cut small; then let it stand ten or twelve Days in the Vessel, stirring it now and then, afterwards strain it. Take Elder-berries, and put them in a Pan, set the Pan in a Kettle of boyling Water for some time; then squeeze them, strain the Juice, and when it is cold, put five Pints of it into the Raisin Liquor, and put it up in a Cask, and let it Work. When it has done working, bung it up close, and let it stand till it is Fine, then Bottle it off.

To make Elder-flower Wine.

Put ten Pound of Single-loaf Sugar to four Gallons of Water, boyl it till a sixth part is wasted away; while it boyls, scum it well, and set it by till it is as cool as Wort. Then put in a Spoonful or two of Yeast, and when it begins to Work, put in a Pint and a half of Blossoms of Elder, picked from the Stalks: Stir it daily, till its working is over, which will not be for near a Week; then put it up in a Cask, stop it close, let it stand two or three Months, and, if it is Fine, Bottle it off.

To make Cowslip-wine.

Put two Pounds and a half of Sugar to every Gallon of Water, boyl it an Hour, scumming it well: And to every Gallon of Water, put half a Peck of Cowslip-flowers, pour the Water boyling hot upon them, and let them steep all Night. Squeeze two or three Lemons into each Gallon, and put in a Piece of the Peel cut thin, the next Day spread Yeast upon a Toast, and let it Work. Pour it from the Settlement,

and put it into a Cask and when it has done working, pour a Pint of *Rheniſh* or White-wine into every Gallon, let it ſtand in the Veſſel ſix Months, and if it be Fine, Bottle it. Let it ſtand a Year in Bottles, but it is beſt, when three or four Years old.

PRESERVING.

How to preſerve Barberries.

CHUSE the largeſt and faireſt Bunches, picking off the withered or ſhrunk Barberries, and waſh them clean, and dry them in a Cloath; then take a Quantity of Barberries and boyl them in Claret till they are ſoft, ſtrain them well through a Strainer, wringing the Juice hard through it; boyl this ſtrained Liquor with Sugar till it be thick and very Sweet. Let it ſtand till it be cold, then put your Bunches of Berries into Gallypots and fill them up with this Liquor; by this Means you will have both the Syrup of Barberries and their Preſervers, if you bake them moderately.

To Preſerve Mulberries.

Take ſix Pound of Mulberries and the ſame Weight of Sugar with ſome Juice of Mulberries; ſtir them together, then put in your Mulberries and boyl them; then take out the Mulberries, but let the Syrup boyl a while longer; then take it off, and put the Mulberries in a Pot, and pour the Syrup to them.

To Preſerve Mulberries dry.

Take thoſe which are not over-ripe, but rather greeniſh and Tart, having as much Sugar as Fruit melted with the Juice of Mulberries to clarify it; Put your Mulberries into it, cover the Preſerving-pan, and let them boyl a little. Take off the Pan and Scum it, and let it ſtand in the Stove till the next Day; then take them out of the Stove, and let them ſtand to cool, drain the Syrup from them, and dreſs them upon Slates, ſtrew'd with Sugar, in order to be dry'd in the Stove. They muſt be turned upon Stoves, and when they are thoroughly dry, put them up in Boxes.

To

To Preſerve Pears.

Take Pears that are not too ripe, lay ſeveral Rows of them in order, at the bottom of an Earthern Pan, and cover them with Vine-leaves; then lay another Layer of Pears upon them, and do this till the Pan is full; then add half a Pound of Sugar to every Pound of Pears, and as much fair Water or old Wine as will diſſolve the Sugar. Set them over a gentle Fire, and let them boyl till they grow pretty ſoft, then ſet them by for Uſe.

To Preſerve Green Pippins.

Take a Dozen of Pippins pluckt green from the Tree, pare them, and boyl them in two Quarts of Water, till they are like a Pulp, ſtrain them from the Cores, and then take two Pound of Sugar and mingle it with the Pulp or Liquor ſo ſtrained: Set it on the Fire, and as ſoon as it boyls up, put in the Pippins you intend to preſerve, and let them boyl leaſurely until they are enough.

In like Manner you may preſerve Quinces, Plumbs, Peaches, and Apricocks, if you take them green.

To Preſerve ripe Apricocks.

Take an equal Weight of Apricocks and Sugar, pare and ſtone the Apricocks, and lay them in the Sugar in the Preſerving Pan all Night: In the Morning ſet them on Embers till the Sugar be melted, and then let them ſtand, and ſcall an Hour; then take them off the Fire and let them ſtand in that Syrup two Days, and then boyl them ſoftly till they be tender and well coloured, then put them up in Glaſſes or Pots, which you pleaſe.

To Preſerve Enula Campana Roots.

Waſh and Scrape the Roots very clean, and cut them thin to the Pith the length of your little Finger, and as you cut them put them in Water and let them lie thirty Days ſhifting the Water twice every Day to take the Bitterneſs away: Then weigh them, and to every Pound of Roots add twelve Ounces of Sugar clarifyed, firſt boyling the Roots very tender, then put them into the Sugar; and let them boyl upon a gentle Fire until they

they be enough. Having ſtood a good while upon the Fire, put them up between hot and cold.

To Preſerve Green Walnuts.

Take Walnuts and boyl them till the Water taſtes bitter, then take them off, and put them in cold Water and peel off the Rind, and put to them as much Sugar as their Weight, and a little more Water than will wet the Sugar; ſet them on a Fire and when they boyl up take them off, and let them ſtand two Days: Then boyl them again once more.

To Preſerve Walnuts White.

Take Walnuts that are come to their full Growth, but before the Wood is formed, pare them handſomely till the White appears, and put them into fair Water, then boyl them in that Water for ſome time. In the mean time, ſet other Water on the Fire in another Kettle, and when it begins to boyl, ſhift them out of the firſt Water into that. Try them often if they be enough by pricking them with a Pin, and if they ſlip off from it they muſt be taken off the Fire. In order to make them White, you muſt throw in a handful of beaten Allom, and give them another boyling; then turn them into freſh Water to cool, drain them well, and according to the Quantity of the Nuts take two parts of Sugar, and one part of Water, and heat them together. When you have drained the Walnuts, put them into Pots, and pour the Syrup heated upon them: The next Day you muſt clear the Syrup from the Grans, without removing the Walnuts, becauſe they muſt not be ſet over the Fire; boyl this Syrup five or ſix times, adding every time a little more Sugar, and then pour it on the Walnuts. On the ſecond Day boyl it fifteen times: On the third Day boyl it until it is ſomething ſmooth, as alſo on the following Days ſucceſſively, till it be very ſmooth, between ſmooth and pearled, and at laſt entirely pearled, encreaſing the Quantity of Sugar every time, that the Walnuts may be equally ſoaked in the Syrup. Then ſet them in the Stove all Night, and the next Morning put them in Pots, or dry them in the Stove, as other Fruits, at Pleaſure.

To

To Preserve Oranges and Limons.

Zest your Oranges or Limons, cut your Pulp into slips, slit them again in their thickness, then scald them in Water 'till they are very soft: Then put them into clarifyed Sugar newly passed through the straining-Bag, when it is ready to boyl, give them twenty Boylings. The next Day bring the Sugar to its smooth Quality, put your Orange or Limon-slips into it, and boyl them seven or eight times: The next Day boyl the Sugar until it be pearled, and let them have a cover'd boyling. Let them stand for some time, and then put them into Pots to be dry'd.

To Preserve Gooseberries.

Gather the Gooseberries with the Stalks on, cut of their Heads and Stone them, then put them in scalding Water, and let them stand therein a little while: Then take their Weight of Sugar finely beaten, and lay first a Layer of Sugar, then of Gooseberries in your Preserving Pan or Skillet, 'till it be full. Put in one Spoonful of Water for every Pound of Gooseberries, and set them on the Embers until the Sugar be melted; then boyl them as fast as you can, till the Syrup be thick enough, and put them up when cold.

You may preserve *Raspberries* the same way.

To Preserve Cherries.

Take the ripest Cherries newly gathered, and for every Pound of them take a Pound of Loaf-Sugar, lay some of it in the bottom of the Pan; Stone the Cherries upon it, and as you Stone them, strew on them now and then a little Sugar. When you set them on the Fire, to every Pound of Cherries put in half a quarter of a Pint of the Juice of Red Currants, and most of the Sugar, only leave out some to strew in as they boyl, which they must do a good Pace; shake them round often as they boyl, but do not stir them; scum them well, and when the Syrup grows thick, and they look deep, pour them out into a Bason, and shake them a good while to gather the Scum together, which must be taken off very clean. When they are cold, put them into Pots.

CANDYING

CANDYING.

To Candy all sorts of Flowers as they grow with their Stalks on.

TAKE the Flowers and cut the Stalks somewhat short, then take one Pound of the whitest and hardest Sugar you can get, put to it eight Spoonfuls of Rose Water, and boyl it till it will roll between your little Finger and Thumb; then take it from the Fire, and cool it with a Stick and as it grows cold dip all your Flowers, and taking them out again, lay them one by one on the bottom of a Sieve, then turn a Joynt-Stool with the Feet upwards, set the Sieve on the Feet thereof, then cover it with a Linnen Cloath, and place a Chaffing-dish of Coals in the midst of the Stool underneath the Sieve, and the Heat will dry the Candy speedily. They will keep the whole Year.

To Candy Eringo Roots.

Boyl them tender, peel, and lay them together, then take as much Sugar as the Roots weigh, and put it into as much Water as will just melt it, put the Roots into it, and let them boyl gently till the Sugar is drawn into the Roots, turn them and shake them till the Sugar is dry'd up, then lay them on a Wire Lattice till they are cold.

To Candy Elecampane Roots.

Take the faireſt Roots out of the Syrup, wash off the Sugar, and dry them with a Linnen Cloath, to each Pound of Roots take a Pound and three Quarters of Sugar clarifyed well, and boyled to the Consistence of a Candy height; then dip in your Roots, and put them in the Stove. They will keep all the Year.

To Candy Pears, Plumbs, Apricocks clear as Amber.

Cut them to the Stone in the Notch, then put Sugar on them and bake them in an Oven as hot as for Manchet close stopt; let them stand half an Hour, then lay them one by one upon Glass-plates and so dry them. In the same manner you may Candy any other Fruit.

To

To Candy Ginger.

Take large Ginger, and pare it, and lay it in Water a Day and a Night: Then take double-refined Sugar, and boyl it to the height of Sugar again, and when it begins to be cold, take your Ginger and ſtir it well about in it, till the Sugar is hard to the Pan. Then take it out Piece by Piece, and lay it by the Fire four Hours, then take a Pot and warm it and put the Ginger in it, tye it up cloſe, and every other Morning ſtir it about thoroughly and it will be rock-candyed in a little time.

To Candy Roſemary Flowers.

Pick your Flowers very clean, and to every Ounce put two Ounces of hard Sugar, an Ounce of Sugar Candy, and diſſolve them in Roſmary Flower Water; and boyl them till they come to a Sugar again. When your Sugar is almoſt cold put in your Roſemary Flowers, and ſtir them together till they are enough; then take them out and put them in your Boxes, and keep them in a Stove for uſe.

To Candy Burrage Flowers.

Pick the Flowers clean and weigh them, and do in every reſpect as you did the Roſemary Flowers, only when they are candyed you muſt ſet them in a Still, and ſo keep them in a Sheet of white Paper, putting every Day a Chaffing-diſh of Coals in the Still, and they will be excellently candyed in a ſmall time.

To Candy Cherries.

Take your Cherries before they are full ripe, take out the Stones, then put to them clarify'd Sugar boyl'd to a height and pour it on them.

To Candy Barberries.

Firſt preſerve them, then dip them quickly into warm Water to waſh off the ropy Syrup, then ſtrew ſearced Sugar over them, and ſet them in an Oven or Stove for three or four Hours, always turning them and caſting more fine Sugar upon them, and never ſuffer them to be cold, till they are dry'd, and begin to look like Diamonds.

To Candy Oranges and Lemons after preſerved.

Take them out of the Syrup, drain them well, then boyl ſome Sugar to a Candy height, and lay your Peels in the bottom of a Sieve, pour your hot Sugar over them, then dry them in a warm Stove or Oven.

CONSERVES.

To make Conſerve of Roſes.

TAKE Red Roſe-buds, clip all the white either bruiſed or withered from them, then add to every Pound of Roſes three Pounds of Sugar, ſtamp the Roſes very ſmall, putting to them a little Juice of Lemons or Roſe-water as they become dry: When you think your Roſes ſmall enough, then put your Sugar to them, and beat them together till they be well mixed, then put it up in Gallipots or Glaſſes.

In the ſame Manner you may make Conſerve of Violets, Cowſlips, Marygolds, Sage, Scabious, and the like.

The Virtues of Conſerve of Flowers of Violets.

This does cool and open in a burning Fever, or Ague; being diſſolved in Almond-milk, *and ſo taken; it is excellent good for any Inflamation in Children.*

DISTILLING.

Directions for Diſtilling Waters.

To make Aqua Mirabilis.

TAKE three Pints of White Wine, of *Aqua Vitæ* and Juice of Celendine, of each one Pint, Cardamum one Dram, Mellilot Flowers and Cubebs of each one Dram, Galingal, Nutmegs, Cloves, Mace, and Ginger, of each one Dram, mingle theſe together over Night, and the next Morning diſtil them in a Glaſs Alembeck,

Its Virtues.

This excellent Water diſſolves the ſwelling of the Lungs, and reſtores them when they begin to periſh: It prevents the Blood from putrifying, and they who uſe this excellent Water, often need not be let Blood. It cures the Heart-burn, and expels Melancholly and Flegm, expells Urine, and preſerves a good Colour in the Face, and gives Relief in the Palſy. The Doſe is three Spoonfuls at a time, Morning or Evening, twice a Week.

To make Doctor Stephen's *Water.*

Take a Gallon of *Gaſcoin* Wine, of Ginger, Galingal, Cinnamon, Grains of Paradiſe, Cloves, Mace, Nutmegs, Anniſeeds, Carraway Seeds, Coriander Seeds, Fennel Seeds and Sugar, of every one a Dram; then take a Quart of Sack and a Quart of Ale: Of Cammomile, Sage, Mint, Red Roſes, Thyme, Pellitory of the Wall, Wild Marjoram, Wild Thyme, Lavender, Penny-Royal, Fennel Roots, Setwall Roots, of each half an handful; beat the Spice ſmall, bruiſe the Herbs, and put all together into the Wine, and ſo let it ſtand ſixteen Hours, ſtirring it now and then; diſtil all in an Alembeck with a ſoft Fire, put the firſt Pint of the Water by it ſelf, for it is beſt.

Its Virtues.

It is good againſt all old Diſeaſes; it comforts the Stomach, cures the Stone, uſing but two Spoonfuls in ſeven Days.

To make an excellent Plague Water.

Take one Pound of Rue, of Roſemary, Sage, Sorrel, Celendine, Mugwort, of the Tops of Red Brambles, Pimpernel, Wild Dragon, Agrimony, Balm, Angelica, of each one Pound; put theſe together in a Pot, then fill it with White Wine above the Herbs, ſo let it ſtand four Days, then diſtil it in an Alembeck for uſe.

To make Angelica Water.

Take one handful of Carduus Benedictus, and dry it; then take three Ounces of Angelica Roots, one Dram of Myrrh, half an Ounce of Nutmegs, Cinnamon and Ginger, four Ounces of each, one Dram and a half of Saf-

fron; of Cardamums, Cubebs, Galingal and Pepper, of each a qurater of an Ounce, two Drams of Mace, one Dram of Grains of Paradise; of *Lignum Aloes, Spikenard, Juncus Odoratus*, of each a Dram; Sage, Burrage, Bugloss, Violets, and Rosemary Flowers, of each half an handful; bruise them, and steep them in a Quart of Sack twelve Hours, and distil as before.

To make an excellent Surfeit Water.

Take Celendine, Rosemary, Rue, Pellitory of Spain, Scabious, Angelica, Pimpernel, Wormwood, Mugwort, Betony, Agrimony, Balm, Dragon, and Tormentile, of each half a Pound. Shred them very small, and put them into a narrow-mouth'd Pot, and put to them five Quarts of White Wine; stop it close, and let it stand three Days and Nights, stirring it Morning and Evening: then take the Herbs from the Wine, and distil them in an ordinary Still, and when you have distilled the Herbs, distil the Wine also, in which consists the Virtue for a weak Stomach. The Dose is three or four Spoonfuls at a time.

To make Mint Water.

Take two parts of Mint and one part of Wormwood, and two parts of Carduus, and put them into as much new Milk as will soak them: let them infuse five or six Hours, then distil it as you do Rose Water, but you must often take off the head of the Still, and stir the Ingredients well. Drink a Wine Glass full sweetened with Sugar.

To make Rose Water.

Stamp the Leaves and first distil the Juice, and afterwards distil the Leaves; and so you may dispatch more with one Still than others with three or four. It is as Medicinal as the other Water, though not so pleasant to the smell, and serves well in all Decoctions and Syrups.

To make Poppy Water.

Take four Pound of Red Poppies, and put to them one Quart of White Wine, then distil them in a common Still; let the distilled Water be powered upon fresh Poppies, and repeated three times, to which add two Nutmegs sliced, Red-poppy Flowers, a Pugil, White-Su-

gar two Ounces; ſet it on the Fire to give it a pleaſing ſharpneſs, and order it according to your Taſte.

To make Roſemary Water.

Gather the Roſemary and the Flowers in the midſt of *May*, before Sun-riſe, ſtrip the Leaves and the Flowers from the Stalks, then take four or five Elecampane Roots together, that are very ſmall; three Ounces of Cloves and as much of Mace, and half a Pound of Anniſeeds; beat every one of the Spices ſeparately, then take the Herbs and the Spices, and put thereto four or five Gallons of good White Wine, then put them all together into an Earthen Pot, and put the Pot into the Ground for ſixteen Days, then take it up, and diſtil the Ingredients with a very ſoft Fire.

To make Roſa Solis.

Take Liquorice eight Ounces, Anniſeeds and Carraway-ſeeds, of each one Ounce, Raiſins and Dates ſtoned, of each three Ounces; Nutmegs, Ginger, Mace, of each half an Ounce, Galingal, a quarter of an Ounce, Cubebs, one Dram; Figs, two Ounces; Sugar, four Ounces. bruiſe theſe and diſtil them with a Gallon of *Aqua Vitæ*, as the reſt, and colour it with the Herb, *Roſa Solis*.

To make Walnut Water.

Take one Pound and a half of green Walnuts, one Pound of Garden Radiſh-roots; ſix Ounces of green Aſſarabecca; four Ounces of Radiſh-ſeeds: bruiſe and ſteep them in three Pints of White Wine Vinegar for three Days, then diſtil them in a leaden Still, till dry.

To make an excellent Cordial Water without Diſtilling.

Take two Quarts of the beſt and oldeſt French Brandy, and keep it in a great Glaſs with a narrow Mouth; put into it of Cloves, Nutmegs, Cinnamon, Ginger, Cardamum-ſeeds, Anniſeeds, Coriander-ſeeds, and Liquorice, of each of theſe half an Ounce bruiſed; long Pepper and Grains of Paradiſe, of each one Dram bruiſed; Elecampane, one quarter of an Ounce bruiſed; ſteep all theſe in the Brandy for fourteen Days, then pour off the Liquor gently into a long Glaſs, ſo long as will run clear; then put more Brandy to the Ingredients,

and

and let them ſtand three Weeks; and as long as you find any ſtrength in the Ingredients, pour more Brandy upon them, and let them ſtand three Weeks, or longer: then take the two firſt Quarts of Brandy which you pour'd off, and put in it four Ounces of White Sugar Candy, and ſo much Syrup of Clove-gillyflowers as will colour it, and a good quantity of Leaf-Gold, give two Spoonfuls at a time. —— It is good in caſe of any Illneſs or Swooning to drive out any Infection or venomous Humours.

SYRUPS.

Directions for making ſeveral Sorts of Syrups.

To make Syrup of Clove-gilliflowers.

TAKE one Pound of Clove-gilliflowers, the white being cut off, infuſe them a whole Night in a quart of fair Water, then with four Pounds of Sugar diſſolved in it, make it into a Syrup, without boyling.

To make Syrup of Violets.

Pick a Pound weight of the freſheſt Violet-flowers, put them into a Quart of boyling clear Water, and ſtop them up cloſe in a new glazed Pot, for the ſpace of twenty-four Hours: then preſs them hard out, and in two Pounds of the Liquor diſſolve four Pounds and three Ounces of the beſt White Sugar, take away the Scum, and make it into a Syrup.

To make Syrup of Lemons.

Take of Juice of Lemons, purify'd by ſtraining thro' a woollen Cloath, three Quarts and a half, and of White Sugar five Pounds, boyl them on a ſoft Fire to a Syrup.

To make Syrup of Maiden-hair.

Take five Ounces of the Herb, Maiden-hair, freſh gathered, and cut a little; of the Roots of Liquorice ſcraped two Ounces, ſteep them twenty-four Hours in a ſufficient Quantity of hot Water, then boyl them according to Art; add five Pounds of Sugar to five Pints of the clarify'd Liquor, and boyl them to a Syrup.

To make Syrup of Liquorice.

Take of the Roots of Liquorice, ſcrap'd, two Ounces, of Coltsfoot four handfuls; of Maiden-hair, one Ounce; Hyſop, half an Ounce: Infuſe them twenty-four Hours in a ſufficient quantity of Water; boyl them till half be waſted, and add to the ſtrained Liquor, of the beſt, clarify'd Honey and White Sugar one Pound; boyl them to a Syrup.

To make Syrup of Cowſlips.

Take the diſtilled Water of Cowſlips, and put thereto your Flowers of Cowſlips clean pick't, and the green knobs in the Bottom cut off, and boyl them into a Syrup. Take it in any warm thing, for it is good againſt Palſy and Frenzy, and to procure ſleep.

To make Syrup of Quinces.

Take of the clarify'd Juice of Quinces three Quarts, boyl it over a gentle Fire till half of it be conſum'd; ſcum it, and add to it three Pints of Red Wine, and four Pounds of Sugar: boyl it to a Syrup, and perfume it with a Dram of Cinnamon, of Cloves, and Ginger, of each two Scruples.

To make Syrup of Cinnamon.

Take four Ounces of Cinnamon groſly bruiſed, ſteep it in half a Pound of White Wine, and ſmall Cinnamon-water the like weight, three Days in a Glaſs by a gentle Fire, ſtrain it, and with a Pound and a half of Sugar, boyl it to a Syrup.

It refreſhes the vital Spirits, cheriſhes the Heart and Stomach, helps Digeſtion, and cheriſhes the whole Body exceedingly.

To make Syrup of Citron-peels.

Take five Ounces of freſh Yellow Citron-peels, Alchermes Berries, or the Juice of them, two Drams, Spring-water two Quarts: Steep them all Night, then boyl them till half be conſumed, take off the Scum, ſtrain the Liquor, and with two Pounds and an half of the whiteſt Sugar, boyl it into a Syrup. Perfume one half of it with three Grains of Musk tied up in a Bag.

To make Syrup of Harts-horn.

Take three handfuls of Harts-horn; Polypodium of the

the Oak, the Roots of both ſorts of Bugloſs, the Bark of the Roots of Capers and Tamarinds, of each two Ounces: Hops, Dodder, Maiden-hair, and Balm of each two handfuls; boyl them in five Quarts of Spring-water till it comes to four, ſtrain it, and with four Pounds of Sugar make it into a Syrup.

To make Syrup of Wormwood.

Take half a Pound of Roman Wormwood, or Pontick Wormwood, two Ounces of Red Roſes, Indian Spike three Drams, old White-wine and Juice of Quinces, of each two Pints and an half; boyl them till half be waſted, ſtrain the Liquor, and put to it two Pounds of Sugar, and boyl it to a Syrup.

To make Syrup of Hyſop.

Take one handful of Hyſop; Figs, Raiſins, Dates, of each one Ounce: Boyl them in three Quarts of Water till it waſtes to one Quart, then ſtrain and clarify it with the Whites of two Eggs and three Pounds of Sugar; boyl it to a Syrup, and it will keep all the Year.

To make Syrup of Elder.

Take Elder-berries when they are Red, bruiſe them in a Stone Mortar, ſtrain the Juice, and boyl it away to almoſt half; ſcum it very clean, take it off the Fire while it is hot, put in Sugar to the thickneſs of a Syrup, and put it not any more on the Fire. When it is cold, put it into Glaſſes, but fill them not to the Top for it will work like Beer.

To make Syrup of Roſes.

When your Liquor is ready to boyl, put as many Roſes as can well be ſteept into it, and when the Roſes are thoroughly white, ſtrain the Liquor, and ſet it on the Fire again, and ſo uſe it thirteen times, and to every Pint of your Liquor add one Pound of Sugar, and let them ſtand together in ſteep for one Night, then ſcum it clean, and ſeethe it over a quick Fire for a quarter of an Hour: Then take ſome Whites of Eggs, and beat them well together, take off your Pot, and put in your Whites, and then ſet it on the Fire again. Let it boyl a good while, then let it run through a

Jelly-bag, till it is ſo thick as to lye on your Nail.

To make Syrup of Vinegar.

Take the Roots of Smalledge, Fennel, Endive, of each three Ounces; Anniſeeds, Smalledge, Fennel of each one Ounce, clear Water three Quarts; boyl them gently in an Earthen Veſſel till half the Water be conſumed, then ſtrain and clarify it with five Pounds of Sugar, a Pint and half of White-wine Vinegar, and boyl it into a Syrup.

This is very good for thoſe, whoſe Bodies are ſtuft either with Phlegm or tough Humours; for it opens all Obſtruction of the Stomach, Liver, Spleen, and Reins; it cuts and brings away any tough Flegm and Choler.

Of Paſtery.

To make Puff-paſte.

BReak two Eggs into three Pints of Flour, and mix them well together, then temper it with cold Water, and work it up with your Hands into a good Paſte; then take as much Butter as Paſte, and divide the Butter into four Parts, roll out your Paſte thin, and break one part of your Butter in ſmall Lumps, and lay them on your Paſte, then throw an handful of Flour ſlightly over them roll up your Paſte, beat it with the Rolling-pin, and ſo roll it out again. This do till you have uſed all the Butter, and then make it up.

To make Paſte for Crackling Cruſt.

Blanch four handfuls of Almonds, and throw them into Water, then wipe them dry, and pound them in a Mortar, moiſtening them frequently with Orange-flower Water and the White of an Egg, to prevent their oiling: When they are well pounded, paſs them through a Sieve to clear them from all the Lumps, or Clods: when you have thus prepared your Almond-paſte, ſpread it on a Diſh until it becomes very pliable, let it ſtand for a while, then roll out a Piece for the under

Cruſt

Crust, dry it in an Oven upon a Pye-pan, while other pastry Works are making, as Knots, Cyphers, and other Devices for garnishing your Pye.

To make Custard Paste.

Make your Paste of boyling Water and Butter, or you may put Sugar to it, which will add to the Stiffness of it; and thus for all Cuts and Orangeado Tarts.

To make Royal Paste.

Take six Pounds of fine Flour, and three Quarters of a Pound of fine sifted Sugar, one Ounce of Cloves, Mace, and Cinnamon, beaten: Break three Pounds of Butter into bits, and rub it into your Flour; put in six Eggs, whip up their Whites to Snow; make it into a stiff Paste, with a little Cream and Sherry mixt.

To make Paste Royal.

Take two Pounds of fine Flour, half a Pound of double-refined Sugar, some Nutmeg and Cinnamon powdered, the Whites of twenty Eggs beaten; make a Paste with a Pint of Canary and good Cream, make it pretty stiff, roll in two Pounds of Butter at five or six times rolling; this Paste will be fit for Orange Puddings, all sorts of Tarts, and to garnish Dishes.

Another Way.

Take half a Peck of Flour, two Pounds of Sugar, two Quarts of Almond-milk, three Pounds of Butter, and a little Saffron, work all together up cold with Rose-water, half a Dozen Eggs, some beaten Cinnamon, and two Grains of Ambergrease and Musk.

To make Puff-paste for slacking.

Take four Quarts of Flour, eight Eggs, beat them to Snow. then make it into Paste with cold Water, and then roll in three Pounds of Butter at four or five times.

A particular kind of Puff-paste.

Make your Paste with Flour, Water, Salt, and Yolk of an Egg, knead it well together, till it becomes pliable, then roll it out of a convenient length and thickness; then cover it with as much sweet Butter as your Paste weighs, and fold it together, that the Butter may be in the middle; then let it be roll'd again

and do thus for five or ſix times, allowing to three Pounds of Flour, one Pound and an half of Butter.

This Paſte is proper for Pan-pyes that are ſet on the Table without a Deſart or Banquet of Sweatmeats.

To make Paſtils white.

Diſſolve Gum-dragant in Water in an Earthern Pan, an Ounce will be enough to four Pounds of Sugar, put into it the Juice of three or four Lemons, and the Zeſts or Chips that were made of them. In two or three Days time the Gum will be diſſolved, by ſtirring it now and then with a Spoon; then ſtrain it through a Linnen Cloth, and pour it into a Mortar, then put in an handful of double-refined Sugar, finely ſifted, and beat it well into your Liquor; then add another handful, continuing to beat and temper it together well, 'till you have a very white and pliable Paſte; then make your Paſtils of a round or long Figure, of any ſhape you pleaſe, and you may make Impreſſions upon them with Seals or Cyphers, then dry them in a Stove.

To make Paſty Cruſt.

Take a Quarter of a Peck of dry'd Flour, rub a Pound of Butter well into it, then put to it half a Pint of Milk, a Quarter of a Pint of Brandy, and a Spoonful and a half of Ale Yeaſt: Mix theſe all well together, and pour it into your Flour, and, if it be not wet enough, add more Milk; break and beat it with a Rolling-pin, but do not knead it; make it very light, and take care it does not Curdle, which you may prevent by mingling a little and a little at a time.

To make Paſte of green Peaches.

Set a large Pan over the Fire with freſh Water and new Aſhes to make a Lye; ſcum off the Coals that riſe on the Top; when the Lye has boiled for ſome time, and you perceive by the Taſte that it is become ſweet and oily, take it off the Fire, and let it ſtand a while to ſettle; take all the clear Liquor, ſet it on the Fire again, and as often as it begins to boil, put three or four Peaches into it; if you ſee it cleanſes them, put in the reſt, and keep them from boiling, by ſtirring it often

with

with the Handle of a Skimmer; when the Peaches are ſufficiently ſcalded, take them out, ſhake them in a Cloth, and waſh them in fair Water; then run them through the middle with a Knitting-needle; then throw them into other fair Water, to cauſe them to recover their green Colour: Then put them into other Water, and boyl them over a quick Fire, often taking ſome out, and trying them by pricking them with a Pin: If they ſtick to the Pin, they are not done enough, but if they ſlip off from it, they are enough, and muſt be taken out, and put into cold Water, then drain them, and make them green by putting them into other Water. Then they muſt be made into a Marmalade, by boiling till they become very ſoft, and when they are drained, you muſt paſs them through a Sieve; then dry this *Paſte* over a Fire, carefully ſtirring it, and turning it on all Sides with a Spatula, that no Moiſture may be left, and till it begins to ſtick to the Pan. In the mean time you muſt boyl Sugar, 'till it becomes cracked; put to your Marmalade an equal weight of this Sugar, and temper them well together; ſet all to ſimmer together a while; then take your Marmalade up in a Spoon, and dreſs it upon Slates, or in Moulds, to be dryed in a Stove with a good Fire; the next Day turn your Paſte, when it is ſufficiently dry'd put it up in Boxes for uſe.

To make a Veniſon Paſty.

Take away the Bones, Sinews, Skin and Fat of your Haunch of Veniſon, beat it well with a Rolling-pin to make it eat tender, and then Seaſon it with Pepper, Salt, and a few Cloves; let it lie in the Seaſoning one Night and a Day. Make your Paſte with a Peck of fine Flour, three Pounds of Butter, and twelve Eggs work'd up with cold Water. Roll it out for your Paſty and let it be as thick as a Man's Thumb, put under it two Sheets of Cap-paper, well floured, then lay your Veniſon upon your Bottom-paſte, and Seaſon it at Top, waſh the Paſte round with your Feather, and put on a Border, put over the other leaf of Paſte, ſo cloſe up your Paſty. Roll out another Border for garniſhing

the Sides up to the Top of the Pasty, so close it together by rolling it up and down the sides and ends with the Rolling-pin: And when you have flourished your garnishing, and edged your Pasty, give it vent at top; let it in the Oven, and let it bake four or five Hours at least, and then draw it.

To make an Artificial Venison-Pasty.

Take either a Surloin of Beef, Leg, Shoulder, or Loyn of Mutton; bone them, and beat them well with a Rolling-pin: To ten pounds of Beef take four Ounces of Sugar, and to ten Pounds of Mutton take three Ounces; rub your Meat with it, let it lie for twenty-four Hours, then wipe it off very clean, and season your Meat very high, with Salt, Pepper, and Nutmeg. Make a Paste, roll it almost four Square, and about an Inch thick, make it into a Pasty, and put in two Pounds of Beef-suet, shred very fine; lay half the Suet under your Meat, lay in your Meat, and lay the other half of the Suet upon it, then close it up, and bake it. Break the Bones of the Meat, bake them in a Pan with a Quart of Water, a Pint of Claret, Salt, Mace, and whole Pepper, and when it is baked, put in half a ound of fresh Butter, strain it, and when the Pasty comes out of the Oven, pour in this Gravy in proportion to the bigness of your Pasty.

To make a Lamb-pasty.

Bone the Lamb, and cut it four-square; lay Beef-suet at the bottom of your Pasty, season the Lamb with Salt, Pepper, minced Thyme, Nutmegs, Cloves, and Mace, and lay it upon the Suet, making a high Border about it: Then turn over your Sheet of Paste, close it, and bake it. When it is baked, put in Vinegar, the Yolks of Eggs well beaten, and some Sugar, or leave out the Sugar if you please, and put in good Gravy, or the baking of the Bones in Claret.

To make a Partridge Pye.

Mince the Flesh of half a Dozen Partridges small, with as much Beef-marrow as their Flesh weighs; mince also two Ounces of green Citron and Orangeado very small, mix these with your Meat, season with a little Salt, Nutmeg,

Nutmeg, Cloves and Mace; ſweeten with Sugar to your Palate. Bake theſe in Puff-paſte, when it comes out of the Oven, open your Pye, and having put one Grain of Musk or Amber bruiſed, into the Juice of three or four Oranges, and a Spoonful of Roſe-water, pour them into your Pye, ſtir the Meat, and lay on the Lid, and ſerve it up to Table hot.

Another Way.

Take two Brace of Partridges, draw them, lay by the Livers, truſs them, and beat them on the Back with a Rolling-pin; lard them with large Lardons of Bacon, and Cinnamon; ſeaſon them with Salt and Pepper, and ſlit them through the Back. In the mean time make a Farce of a tender Piece of Veal, a little Marrow, ſome raw Bacon, a few Muſhrooms and Truffles chopt, ſome Veal-ſuet, Parſley, and ſweet Herbs ſhred; bind theſe with the Yolk of an Egg, and ſtuff the Bodies of your Partridges with it. Then pound the Livers of your Partridges with ſome Bacon, ſeaſon them with beaten Spice; then make ſome Paſte with Flour, freſh Butter, Salt, and Eggs; roll out two pieces, lay one of them on buttered Paper, and ſpread upon it ſome Lard pounded in a Mortar; then ſeaſon your Partridges, having broken their Backs, and lay them in your Paſte: Then add ſome Muſhrooms, and Truffles with a Bay-leaf, covering all with thin Slices of Bacon. Then lay your other Sheet of Paſte for the Lid, cloſe up the Sides, waſh your Pye over, and ſet it in the Oven. When it comes out, pull the Paper off the bottom; and having ready a good Cullis of Partridges, Sweetbreads, Muſhrooms, and Truffles, cut up your Pye, take off the ſlices of Bacon, skim off the Fat, and ſqueeze in the Juice of a Lemon. Pour your Cullis into your Pye hot; then lay on the Lid, and ſerve it up to Table for a Side-diſh.

After the ſame Manner, you may bake Woodcocks, Quails, Pidgeons, Thruſhes, Chickens, and Larks, &c.

To make a Lamb-pye.

Cut your Lamb into thin ſlices, ſeaſon with Salt,

Pepper, Cloves, Mace and Nutmegs; then put them in your Pye, laying, between every Layer of Meat, Marrow, Butter, Raisins of the Sun stoned, Currants, Dates sliced, Skirrets boyled and blanched, dry'd Citron, Candy'd Lemon, large Mace, preserved Barberries, and slices of Lemon; make up your Pye, and bake it. When it is baked put White-wine, Verjuice, and Sugar in a Pipkin, set it on the Fire, and stir it till it begins to grow thick, then add the Yolks of three or four Eggs: Pour this into your Pye with a Funnel, scrape Sugar over it, and serve it up.

To make a Veal-pye.

A Loyn of Veal, or any other joint proportionable, will be fitly season'd with the Quantities following: Two Ounces of Salt, one Ounce of Pepper, one Ounce of Cloves and Mace finely beaten, a quarter of an Ounce of whole Mace, and half a Pound of Currants, and you must also add two Pounds of Butter; if you eat it hot, put in a Pint of Gravy, if cold, more; the same seasoning will do also for a Quarter of Lamb, if it be put into Paste.

To make a Neats-foot Pye.

Boyl the Neats-foot, take out the Bones, mince it with a good Quantity of Beef-suet, season with Salt, Cloves and Mace beaten, Sugar, and grated Nutmeg; put these into your Crust with Raisins of the Sun, Currants, and Barberries; when baked serve it up.

To make a Neats-tongue Pye.

Parboyl your Tongue, cut off the Root, pare off the Skin, mince the Meat with Beef-suet, Penny-royal, Sweet-marjoram, Thyme, and Parsley; season with Pepper, Cloves, and Mace, finely beaten, add the Yolks of two Eggs, some Sugar and grated Bread; make up your Paste in the form of a Tongue, and fill it with this Meat: Then pour in a Mixture of Verjuice Rose-water, Butter, and Sugar, and bake it.

To make an Umble-pye.

Lay Beef-suet minced in the bottom of the Pye, or slices of interlarded Bacon, and cut the Umble in pieces as big as small Dice, cut your Bacon in the same Form,

and

and ſeaſon it with Nutmeg, Pepper and Salt; fill your Pye with it, adding ſlices of Bacon and Butter, cloſe it up, and bake it. Liquor it with Claret, Butter and ſtript Thyme, and ſo ſerve it up.

To make a Lumber-pye.

Take any cold Meat except Beef and Pork, and for every Pound of Meat take a Pound of Suet, mince them ſmall, add ſome Salt, half an Ounce of Cloves and Mace finely beaten, and two grated Nutmegs: Put in half a Dozen Eggs, mix all well together, and work them into Balls, as big as Pullets Eggs. Put them into your Pye, and alſo Raiſins and Currants, of each one Pound, a quarter of a Pound of Dates ſliced and ſtoned: Put in a Pound of Butter and bake it. Then put a quarter of a Pound of Sugar into a quarter of a Pint of Canary, a quarter of a Pound of Butter, the Yolks of three Eggs, and half a quarter of a Pint of Verjuice: Boyl them altogether with a little Mace, till they are of a pretty Thickneſs, and, when you are about to ſerve up your Pye, pour them into it.

To make Minc'd-pyes.

Take a Leg of Mutton, or Neats-tongue, and parboyl it well, the Mutton being cut from the Bone and mince it; put to it three Pounds of the Beaſt Mutton Suet, ſhred very ſmall, then ſpread it abroad, and ſeaſon it with Salt, Cloves, and Mace, then put to it good ſtore of Currants, Raiſins ſtoned, clean waſhed and picked, a few Dates, and ſome candyed Orange-peels ſliced: Then mix all well together, and put them into the Coffins of the Pies, and add as much Sugar as you pleaſe. Bake them, and ſerve them up to Table.

To make an Eel-pye.

Make your Pye of fine Paſte, either of an Oval or round Figure; take Silver Eels, cut them in Pieces, ſeaſon them well with Salt, Pepper, Nutmegs, Cloves and Mace beaten. Lay good ſtore of Butter under the Eels, ſome whole Mace broken into pieces on the Top, and a good Quantity of Butter on the Top of them in Slices.

To

To make an Artichoak-pye.

Boyl the Artichoaks, then take away the Leaves and Choaks, and ſeaſon the Bottoms with a little beaten Mace, lay a good Layer of Butter in the bottom of the Diſh, then lay in the Artichoaks, ſprinkle a little Salt over them, and ſome Sugar; put in alſo grated Marrow, rolled up in the Yolks of Eggs; then put in a few Gooſeberries, or Grapes, and lay large Mace and ſtoned Dates on the top, alſo ſome Yolks of hard Eggs, Suckers, Lettice-ſtalks, and Citron: Then cover it with Butter, and bake it. Afterwards put in ſcalded White-wine, and ſhake it together, then ſerve it up.

PUDDINGS.

To make Marrow-puddings.

TAKE one Pound of the beſt Jordan Almonds, blanch them, and beat them fine in a Stone or Wooden Mortar with a little Roſe-water; then take a Pound of fine Sugar, a Penny-loaf grated, Nutmeg grated, a Pint of Cream, the Marrow of two Marrow-bones, and two Grains of Ambergreaſe, mingle altogether with a little Salt, fill the Skins, and boyl them gently.

To make a Citron-pudding.

Take a Penny-loaf and grate it, a Pint and a half of Cream, half a dozen Eggs, one Nutmeg ſliced, a little Salt, one Ounce of candied Citron ſliced ſmall, a little candied Orange-peel ſliced, three Ounces of Sugar. Mix theſe, and put them into a Wooden Diſh, well floured, and cover it with a Cloth, and when the Water boyls put it in, and ſerve it up with Roſe-water and Sugar, and ſtick it with blanched Almonds.

To make an Almond-pudding.

Take two Pounds of blanched Almonds, and beat them ſmall, put thereto ſome Roſe-water and Ambergreaſe as you beat them, then ſeaſon it with Nutmeg

and

and Sugar, and mix with them grated Bread, Beef-ſuet, and two Eggs. Put all into a Diſh, and bake it.

To make a Pear-pudding.

Take a cold Capon half roaſted, and ſome Suet; mince the Fleſh of the Capon, and ſhred the Suet: Then take half as much grated Bread, two Spoonfuls of Flour, Nutmeg, Cloves and Mace, as much Sugar as you pleaſe, half a Pound of Currants, the Yolks of two Eggs, and the White of one, and as much Cream as will make them into a ſtiff Paſte. Put your Capon and Suet into your Paſte, and make it up in the ſhape of a Pear, and boyl it.

To make an excellent Orange-pudding.

Take fifteen Yolks of Eggs, beat them very well, and mix them very well with half a Pound of melted Butter, and add thereto one Pound of white Sugar, and the Rinds of two candied Oranges, mix altogether very well, and make a Batter. Put Puff-paſte at the bottom of your Diſh, and put in your Batter, cover it with Paſte, and bake it, Strew it with Sugar, and ſerve it up.

To make a Carrot-pudding.

Take the Crum of two Manchets, half as much Carrots, then put in a little Salt and half an Ounce of Mace: Beat the Yolk of ſix Eggs, the Whites of four Eggs, and two Spoonfuls of Sack together, add a Pint of Cream, and as much Sugar as you pleaſe, and mix altogether. Melt one Pound of Butter, and add it to the other Ingredients: put it in a Diſh and bake it.

To make an Oatmeal-pudding.

Take one Pint of Cream, or more, put it on the Fire with a Blade or two of Mace in it, then take the fineſt Oatmeal, well dry'd, and thicken your Cream with it. Diſſolve one Pound of Sugar in one Pound of melted freſh Butter, the Yolks of twelve Eggs, a quarter of a Pint of Sack, half a quarter of a Pint of Roſe-water one Nutmeg grated, and a little pounded Cinnamon. Beat theſe well together, and mix them with the Cream and Oatmeal; Edge your Diſh with Puff-paſte, and

put

put the Ingredients into it. Three quarters of an Hour will bake it.

To make excellent White-puddings.

Take the Umbles of a Hog, and boyl them very tender, then take the Heart, Lights, and all the Flesh about them, picking them clean from the Strings, Sinews, and Skin, then chop the Meat as small as you can, boyl the Liver hard, mince it small, and with a little grated Nutmeg, Cinnamon, Cloves, Mace, Sugar a few Carraway-seeds, the Yolks of four or five Eggs, a Glass of Canary, a little Rose-water, a Pint of the best Cream, and a good quantity of Hogs-suet, and Salt, make all into Rolls, and let it be an Hour and a half before you put it into the Guts, which must be soaked in Rose-water; boyl them softly, lest they burst.

A boil'd Pudding.

Sift grated Bread through a Colander, and mix it with Flour, minced Suet, Cinnamon, Nutmeg, Currants, and minced Dates; add new Milk warm, Eggs and Sugar at Discretion, but leave out some of the Whites: Mix all these together, and work them up well; then take half for one Side, and half for the other Side, and make it up like a Loaf; then put a good lump of Butter in the Middle, and the other side on the top of it, tye it up, put it into the Pot when it boyls, and when boiled, cut it into two, and serve it up.

To make Hogs-puddings.

Boyl the Umbles of a Hog very tender, take some of the Lights with the Heart, and all the Flesh about them; when you have taken out the Sinews, mince the rest very small, mince also the Liver; add to these a Pint of Cream, a quarter of a Pint of Canary, the Yolks of four or five Eggs, some grated Nutmeg, Cloves, Mace, and Cinnamon finely beaten, some Sugar, a pretty quantity of Hogs Fat, a little Rose-water, and a few Carraway-seeds, Boyl it up an Hour or two before you put it into your Guts, rinse them in Rose-water, and fill them as directed.

A grateful pudding.

Take a couple of Penny white Loaves, pare of the Cruſt, ſlice them into a Diſh, put to them a Quart or three Pints of Cream, ſet the Diſh over a Chaffing-diſh of Charcoal, till the Bread grows dryiſh: Then put in a Piece of ſweet Butter, and taking it off the Fire, ſet it by until it is cold; then beat up the Yolks of half a dozen Eggs, and the Whites of two or three, with Roſe-water and Sugar, and ſome Nutmeg grated; mix all well together, and when it is baked, grate over it fine Sugar.

To make a Green-pudding.

Mince a Pound of boyl'd Mutton ſuet very ſmall, and ſhred the like quantity of Beef-ſuet ſmall, grate a Pound and a half of Bread, mix theſe with a ſufficient quantity of Cream, and the Yolks of four Eggs, and whites of two Eggs well beaten; add to theſe an handful of Parſley ſhred fine, and half a Pint of the Juice of Spinage; ſeaſon with Salt, and ſweeten with Sugar to your Pallate; add grated Nutmeg, and a Pound of Currants; put in a little Flour to bind it; mix all theſe well together, and roll it up in a Sheep's Caul, bake it, and ſerve it up.

To make a Yellow-pudding.

Having grated three Penny white Loaves, then ſcrape them through a Colander, put them into a deep Diſh, and put to them three Pints of Cream, and three or four Eggs; add Salt, Cloves, Mace, and ſaffron, three quarters of a Pound of Beef-ſuet, three quarters of a Pound of Dates, Roſe-water, Currants and Sugar: Put to it a little Saffron-water.

To make Puddings of ſeveral Colours.

Provide half a Dozen of Wooden Diſhes with covers to them; butter the inſides of them; fill one of them with the Ingredients of a Quaking-pudding, which make thus: Slice a Manchet, and ſcald it with a Pint of Cream; then put to it a Pint of blanch'd Almonds, pounded ſmall with Roſe-water, with a quarter of a Pound of Dates ſliced and cut ſmall, a handful of Currants boyl'd and ſome Marrow minced; beat theſe toge-

ther

ther, and ſeaſon them with Salt, Nutmeg, and Sugar, adding the Yolk of half a dozen Eggs: One of your Wooden Diſhes being filled with theſe, put on the Cover, and tye it on with a Cloth; then colour ſome of the ſame Pudding with Spinage, and tye up that as the former; then mince Cowſlips, and mix that with another part of your Pudding, and tye that up: Mince a handful of Clove-Gilliflowers, and do the like by another, then mince Violets, and do the like by another Diſh: But after theſe Flowers are minced, they muſt be pounded in a Mortar, and the Juice muſt be mixed with the Butter; when they are boyled, take them out of their Diſhes, lay them in a large Diſh, ſtick them with Suckets, and pour over them Butter, Vinegar, Roſe-water and Sugar; ſcrape Sugar over them, and ſerve them up.

To make a Sago-Pudding.

Take a quarter of a Pound of Sago, and waſh it well in three or four hot Waters; than put to it a Pint of new Milk, and boyl them together, till it is as thick as a Haſty-pudding; keep it ſtirring that it may not burn, put in a ſtick of Cinnamon when you ſet it on the Fire; when it is boyl'd ſtir in it a quarter of a Pound of Butter, and put in the Yolks of four Eggs, and the Whites of two, and two Spoonfuls of Sack; ſtir altogether, ſweeten it to your Palate, then put in two Ounces of plump'd Currants, lay a Sheet of Puff-paſte in the bottom of the Diſh, garniſh the Brim, and bake it.

To make a Plum-pudding.

Shred a Pound and a half of Suet very fine, and ſift it; add a Pound and a half of Raiſins of the Sun, ſtoned, ſix Spoonfuls of Flour, and as many of Sugar, the Yolks of eight Eggs, and the Whites of five; beat the Eggs with a little Salt, tye it up cloſe in a Cloth, and boyl it four or five Hours.

A Lent-pudding.

Take a Quart of Cream, boyl it a little with two or three Blades of Mace; take it off the Fire, put in the Yolks of eight Eggs, and the Whites of four, half a

Pound

Pound of Raiſins of the Sun ſtoned and ſlit, and half a Pound of Sugar, and a piece of Butter: ſtir all well together, then wet a Linnen-cloth in Milk or cold Water, butter it on the inſide, then put in the Compoſition of the Pudding, tye it up cloſe, and boyl it, ſerve it up with melted Butter and Sugar.

To make a French Pudding.

Take two Penny white Loaves chipt, and cut into Dice-work, a Pound of Raiſins of the Sun, and a Pound of Beef-ſuet minced very fine, five or ſix Ounces of Sugar, eighteen or twenty pretty large Lumps of Marrow, a dozen Dates ſliced; a Pint of Cream, with half a dozen Eggs beaten in it, with Salt, Nutmeg, Cloves, and Mace, with a Pippin or two pared, and a couple of Pome-waters, ſliced and laid in the bottom of the Diſh before you bake it.

To make an Italian Pudding.

Beat half a ſcore Eggs well with a Pint of Cream, add to them a Penny white Loaf grated, and a grated Nutmeg; mix them well together, then Butter the bottom of the Diſh, and lay upon it half a ſcore Pippins cut in ſlices, and a little Orange-peel, ſtrew over them ſome fine Sugar, and pour on them half a Pint of Wine: Then put in your Pudding, lay over it a Puff-paſte, and ſet it into the Oven; it will be done in half an Hour: Lay Paſte alſo round the ſides of the Diſh.

To make a Shaking-pudding.

Boyl ſome large Mace, ſliced Nutmeg, and Ginger in a Quart of ſweat Cream, then put in Almonds beaten with Roſe-water, then beat eight Eggs, leaving out the Whites of four; ſtrain all theſe together, mingle with them ſome ſliced Ginger, Salt, Sugar and grated Bread; then butter a Cloth and flour it; put in your Pudding, tye it hard, put it into boyling Water, then diſh it up with Butter, Verjuice, and Sugar.

TANSIES.

TANSIES.

To make a Tanſey.

TAKE half a Pint of the Juice of Tanſey, a Pint of the Juice of Spinage, a Quart of Milk, three quarters of a Pound of Naples Biskets, and half a Pound of fine Sugar; put theſe to the Yolks of ſixteen, and the Whites of ten Eggs well beaten and ſtrained, grate in a Nutmeg, and put in a ſlice of ſweat Butter; put all theſe into a Stew-pan over a ſlow Fire, ſtirring it continually until it is very thick; then ſet it by 'till it is pretty cool; Butter a Diſh well, put the Tanſey into the Diſh and bake it, when it comes out of the Oven, turn it upon a Pye-plate. Garniſh it with Sweat-meats and Oranges, and ſerve it up.

Another Way.

Waſh your Spinage, dry it well; ſtamp it, ſtrain it; take a Pint of the Juice, a Quart of Cream, and a Quart of Milk; beat up the Yolks of thirty, and the Whites of fourteen Eggs with a little Salt; ſtrain theſe into your Cream and Juice, add a Pint of grated Biſket, a Nutmeg grated, ſweaten it with Sugar to your Palate, ſet it over the Fire to thicken: When it it is as thick as a Haſty-pudding, Butter a Diſh, put it in, ſet it in a gentle Oven; and it will be done in half an Hour.

To make a Tanſey for Lent.

Pound Tanſey, or other ſorts of Herbs in a Mortar with Almonds, and the Spawn of a Pike or Carp; then ſtrain the whole with the Crum of a fine Manchet, Roſe-water, and Sugar, and fry them in freſh Butter.

TARTS.

TARTS.

To make Damaſcene Tarts.

BAKE the Coffins and the Lids of the Tarts, then take your Damaſcenes and ſeethe them in Wine, and ſtrain them with a little Cream, boyl it over the Fire till it be thick and put thereto Cinnamon, Sugar and Ginger, but ſet it not in the Oven, but pour it into the Coffin of your Tart.

But the moſt faſhionable way now-a-Days, is to put Preſerved Damaſcenes, and ſome Syrup into the Coffins of the Tarts, and ſo you have them ready at Pleaſure. Thus you may make alſo Tarts with Preſerved Apricocks, Pears, Plumbs, Cherries, Rasberries, Mulberries, Gooſeberries, Currants, and other Fruits.

To make a Tart de Moy.

Make Puff-paſte, lay it round a Diſh; then lay in a layer of Bisket, and a layer of Marrow and Butter; then a layer of all ſorts of wet Sweatmeats, and repeat this till the Diſh is full. Then pour in boyl'd Cream thickened with Eggs, and a Spoonful of Orange-flower-water, ſweaten it with Sugar, ſet it in the Oven, it will be baked in half an Hour.

To make a Sweat ſour Tart.

Boyl a quarter of a Pound of Sugar in a Glaſs of Verjuice, or Lemon juice, and when it is waſted half, put to it ſome Cream, with the Yolks of half a Dozen Eggs, Orange-flowers, Lemon-peel, candy'd, grated; a little beaten Cinnamon, and a little Butter. Put theſe into a Tart made of fine Paſte, and bake it without a Lid.

To make a Spring Tart.

Gather ſuch Buds, in the Spring of the Year, that are not bitter; alſo the Leaves of Primroſes, Violets, and Strawberries; take alſo a little young Spinage, boyl them, drain them in a Colander; then chop them very

very ſmall, and boyl them over again in Cream; add to them Naples Bisket grated, and ſo many Yolks and Whites of Eggs as will make the Cream very thick, colour all green with the Juice of Spinage; ſeaſon with Salt, Nutmeg, Cinnamon, and Sugar, and bake it Puff-paſte.

PICKLES.

To Pickle Muſhrooms white.

TAKE the Buttons dry gathered, wipe them with a Piece of Flannel, and put them into Water and Milk; then ſet on a Pan with an equal quantity of Water and Milk, and boyl it, then put in your Muſhrooms, and boyl them up quick for a quarter of an Hour, then put them into a Sieve to drain. Take White-wine Vinegar, put in a Race of Ginger, long Pepper, and Mace, boyl them, and then add a Nutmeg cut into Quarters, ſet it by till it is cold, then put in your Muſhrooms into a Gally-pot or Glaſs Jar, pour the Liquor upon them, and pour ſome ſweet Oil at Top, and tye them cloſe down with Leather, or a Bladder.

To Pickle Aſparagus.

Take large Aſparagus, cut off the white Ends, and ſcrape them lightly to the Head, till their green colour appears very plain; wipe them with a Cloth, and lay them in a Broad-ſtone or Earthen-pot, throw over them ſome Salt, and a little Cloves and Mace. Then pour upon them as much White-wine Vinegar, as will cover them, and let them lie in this Pickle nine Days; then put the Pickle into a Braſs Kettle and boyl it, put your Aſparagus to it, ſtove them down cloſe, let them ſtand a little, then ſet them over the Fire again, till they become very green, but let them not boyl ſoft.

To

To Pickle Artichoakes.

Take Artichoakes which are not too ripe, pare them round to the Bottom, boyl them tender, take them up, and let them ſtand to cool. Make a Pickle of White-wine, good ſtale Beer, a good quantity of whole Pepper, and a little Salt, and put all into a Barrel, and keep them cloſe.

To Pickle Asken-keys.

Take thoſe which are young and very tender, and parboil them in a little fair Water, then take a Pint of White-wine, half a Pint of Vinegar, the Juice of two Lemons, and a little Bay-ſalt, mix them together, and ſet them by to cool. Put your Asken-keys into the Pickle, and ſet them by to cool.

To Pickle Cucumbers.

Waſh the Cucumbers, put them into a Cask; ſtir Water and Salt together, till it will bear an Egg, boyl it, and ſcum it well, and pour it upon the Cucumbers boyling hot, and let them ſtand for three Weeks, heading up the Cask; then take them out, and put them into another Veſſel, laying at the bottom, Fennel, Dill, Jamaica Pepper, and a little Allom, which will make them Criſp, and ſtrew alſo ſome of the ſame Ingredients among them. Then put in boyling Vinegar, and head up the Cask again, and let them ſtand for a Week; and if they are not green enough then, boyl the Vinegar once more, put it to them, and ſtop the Cask cloſe.

To Pickle ſmall Cucumbers.

Take five hundred ſmall Cucumbers, wipe them clean, make a Brine of Salt and Water, as above, put them into it, and let them ſtand for twelve Hours, then take them out and wipe them dry: Then in the Veſſel you deſign to keep them lay a layer of Dill, ſome whole long Pepper and a little Mace; then lay a layer of Cucumbers, and ſo continue to do, till you have laid them all in. Boyl two Gallons of Vinegar, pour it hot upon the Cucumbers, and cover them cloſe up for two Days; then pour out the Vinegar, boyl it again, ſcum it, and pour it again upon the Cucumbers boyling

hot

hot, and having done thus three or four times, put in a Piece of Allom, and ſtop them cloſe for uſe.

To Pickle great Cucumbers Mango-faſhion.

Take the beſt, largeſt, and greateſt Cucumbers, cut a ſlit out of their Sides the whole length of them, take out all the Seeds and drain them well. Then ſeaſon them with whole Pepper, Mace, Cloves, and bruiſed Muſtard-ſeed; put into them alſo a little Salt, ſome ſliced Ginger, three Shalots peel'd, and three Cloves of Garlick. Then put in the piece you cut out, and tye them up with a Pack-thread. Put your Cucumbers, into a Veſſel, and as much White-wine Vinegar as will cover them, with a good quantity of made Muſtard, Salt and ſome Bay-leaves. Let them lie for nine Days, then put them in a Braſs-kettle, give them a warm or two, take them off the Fire, ſtop them down cloſe, and ſet them by for a while: Then ſet them on the Fire again, and repeat this till they are of a fine green colour. Then take them immediately out of the Pickle, boyl it up, and pour it upon your Cucumbers, ſcalding hot. Tye them down cloſe for uſe.

To Pickle Walnuts.

Take Walnuts before the Shells are grown hard; put them into ſcalding hot Water, and let them lye in it for a Week. Then put them into freſh ſcalding Water, and boyl them for a quarter of an Hour, then wipe them dry, and then put them into as much White-wine Vinegar, as will cover them two Inches over; put in Shalots, twelve Cloves of Garlick, Muſtard-ſeed bruiſed, Pepper cracked, Ginger, Cloves, Mace, and a Nutmeg cut into ſix or eight pieces, all according to the quantity of Walnuts you Pickle. Let all ſteep in the cold Pickle for nine or ten Days, then pour the Pickle from them, boyl it, and let it ſtand until it is cold: Then put in the Walnuts, and tye them cloſe down covering them with white Paper and Leather.

To Pickle Barberries.

Take the largeſt Bunches, ſteep them an Hour or two in warm Water and Salt, then take them out, put in more Salt, and boyl up the Water; then let it ſtand

to cool in a proper Veſſel, and put in a few ſlices of Ginger, and a ſmall lump of Allom. Then put in the Barberries, and preſs them down with a Stone laid on a Board, and ſet them by for uſe.

To Pickle French Beans.

Take French Beans that are young, but not ſmall, wipe them with a dry Linnen Cloth, and boyl Vinegar with Salt, and Horſe-Radiſh ſliced; throw in the Beans while the Pickle is boyling, and let them boyl three or four Minutes, take them off, and keep them cloſe covered. Then take them out, and boyl your Pickle again once in two Days, two or three times, and pour it boyling hot upon the Beans. Do the like once in three Weeks, and keep them cloſe covered.

To Pickle Samphire.

Take the greeniſh Samphire, gathered in the Month of *May*, pick it well, and lay it to ſoak in Salt and Water for two Days, put it into an Earthen-pot, and pour to it as much White-wine Vinegar as will cover it; then put it into a Sauce-pan, ſet it over a gentle Fire, cover it cloſe, and let it ſtand until it is green and criſp, then put it into the Pan again and tye it down cloſe for uſe.

ROASTING.

To Roaſt a Haunch of Veniſon.

LARD it with Bacon, then roaſt it with a brisk Fire, but let it not lye too near it; baſte it with freſh Butter, then boyl a Pint of Claret with a little Ginger, Cinnamon, and Sugar, with half a dozen Cloves and ſome grated Bread. When they are boyled enough put in a little Salt, Vinegar, and freſh Butter; diſh your Veniſon, ſtrew Salt about the Diſh, and ſerve it with this Sauce.

To Roaſt a Hare, with her Skin, which is the beſt way.

Take out the Bowels, wipe the inſide dry with a Cloth,

Cloth, and make ſtuffing of the Marrow of an Ox's Marrow-bone, with an Onion, Shalot, Savory, Thyme, and Parſley, ſhred very ſmall, ſeaſon with Salt and Nutmeg, and roll theſe up in a Piece of Butter, and put it into the *Hare's* Belly. Spit it, and baſte it for the firſt time with Cream, but afterwards with Butter, and when it is near enough, fley of the Skin, drudge it with grated Bread, Flour, and Cinnamon pretty thick, and froth it up. Make a Sauce for it of Claret, Vinegar, Ginger, Cinnamon, Barberries, and a little Sugar: Lay the Hare on the Sauce, garniſh with Lemon and Parſley, and ſerve it up.

To Roaſt a Hare without her Skin.

Lard the Hare with ſmall Lard, take grated Bread, Eggs, grated Nutmeg, Sugar, Currants, and add a little Salt and beaten Cinnamon, and a little Cream: Make theſe into a Pudding, put it into the Hare's Belly, Spit and Roaſt it. If it requires baſting, uſe Milk; and Veniſon Sauce is the propereſt.

To Roaſt Rabbits.

Spit them not back to back, but Skewer them ſide to ſide, and while they are roaſting boyl ſome Parſley, mince the Livers very ſmall, and mix them with melted Butter; when they are enough, diſh them, pour the Sauce over them, and ſerve them up.

To roaſt a Rabbit with Oyſters.

Waſh your Rabbit, dry it well, then take half a Pint of Oyſters, and put them into the Rabbits Belly with two Onions ſhred, whole Pepper, large Mace, two or three Sprigs of Thyme, and ſow up the Belly. Take the Liver and Parſley, ſhred them together, and beat ſome Butter thick, and put it into the Diſh for Sauce, and ſerve it up.

To roaſt a Rabbit with Oyſters another way.

Spit your Rabbit, then take half a Pint of Oyſters with the Liquor, mix ſome grated Bread, minced Parſley and Thyme, ſome Spices and a little Salt, then mix altogether and put it into the Rabbit's Belly and ſow it up; when enough, take the Liver, &c.

To Roaſt Partridges.

Draw your Partridges, truſs them, then roaſt them but not too dry. Let the Sauce be Salt, Water, grated Bread, and a whole Onion boyled together; when it is boyled take out the Onion, and put in minced Lemon in its ſtead, and a Piece of Butter, diſh your Partridges and ſerve them up with this Sauce.

To roaſt Woodcocks the French way.

Pull them, draw them, waſh them, truſs them, lard them with broad Pieces of Bacon over their Breaſts, then roaſt them, and ſerve them upon Toaſts dipt in Juice of Oranges with the Gravy, and made warm.

To roaſt a Sea Duck.

As it roaſts, baſte it with Butter and Salt, and make the Sauce for it with the Liver, minced very ſmall, and put it into Dripping, with Salt, Pepper, Nutmeg, Muſhrooms, and Juice of Orange.

To roaſt a Hen or Pullet.

Take a Pullet, or Hen full of Eggs, draw it, and roaſt it. Being roaſted, break it up, and mince the Brawns in thin Slices, ſave the Wings whole, or do not mince the Brawns, and ſave the Rump with the Legs whole: Stew all in the Gravy, a little Claret, and ſome Salt, then put a minced Lemon in the Gravy, diſh the minced Meat in the middle of the Diſh, and the Thighs, Wings, and Rump about it; garniſh with Orange and Lemon quartered, and ſerve them up covered.

To roaſt a Hare the common way.

Caſe the Hare, do not cut off the Hind-legs, but back one Leg through another, and ſo cut a Hole through one Ear, and put it through the other. As the Hare roaſts, baſte it with Butter, or Milk if it be old, and make your Sauce in the following Manner: Boyl the Liver, and mince it ſmall with a little Marjoram, Thyme, and Winter-ſavory, and the Yolks of three or four hard Eggs, with a little Bacon and Beef-ſuet. Boyl this up with Water and Vinegar, and then grate a little Nutmeg, and put to it ſome ſweat Butter. Diſh your Hare, and ſerve it up.

To roast a Pig.

Scald and draw it, wash it clean, and put some Sage in the Belly, prick it up, and Spit it, then roast it fine and crisp. Make Sauce with chopt Sage and Currants well boyled in Vinegar and Water, then put to them the Gravy of the Pig, a little grated Bread, the Brains and some Barberries. Give these a Warm or two, and serve the Pig on the Sauce with beaten Butter.

To roast Woodcocks the Englisn *way.*

Pull and draw them, wash and truss them, roast them with Butter, and save the Gravy: Then make Toasts, and butter them, and before you take the Woodcocks off the Spit, strew grated Bread upon them, and dish them on the Toasts, and Gravy.

To roast a Shoulder of Veal with farting Herbs.

Wash your Veal, parboyl it a little, then mince some Winter-savoury, Thyme and Parsley very small; also mince some Suet, and the Yolks of four hard Eggs, and mix with the rest; season with Salt, Pepper, and Nutmeg; add some Currants; work these up with the Yolk of a raw Egg or two, and stuff your Veal with them; but save some of it, spit your Veal, roast it, put the stuffing you saved in the Dripping-pan, or in a Dish under the Meat, and when the Meat is near roasted enough, put to them a quarter of a Pint of White-wine Vinegar, and a little Sugar; when your Meat is enough serve it up with the Sauce.

To roast a Loin of Veal.

Spit your Loin of Veal, roast it, baste it with fresh Butter; set a Dish under it with some Vinegar, a few Sage-leaves, and a little Rosemary and Thyme; let the Gravy drop on these, and when the Veal is roasted, give the Herbs and Gravy a Warm or two on the Fire, and serve it under the Veal.

To roast a Fillet of Veal.

Take half a Pound of Beef-suet, shred it very fine then grate a Manchet, and mix with your Suet, season it with Pepper, Salt, grated Nutmeg, and Lemon-peel cut very small; take two Anchovies, wash and mince them very fine, and take the Yolks of three Eggs and work

work it up with the other Ingredients, having added ſome Thyme ſhred very fine. Stuff the Veal with it, Spit it and roaſt it, ſerve it up with plain Butter and the Juice of Lemon, and garniſh with ſliced Lemon.

To roaſt a Chine or Neck of Veal.

Draw the Veal with Thyme, ſpit and roaſt it; then take large Oyſters parboyled, and put to them Winter-ſavory, Thyme, and Parſley, ſhred ſmall, and the Yolks of four hard Eggs minced ſmall; then cut ſome Bacon into bits four ſquare, and ſome what bigger than your Oyſters; then take ſquare Sticks about the bigneſs of your little Finger, and on theſe ſpit your Oyſters and Bacon as long as you have any to ſpit, then tye theſe Sticks to your Veal; when it is about three quarters roaſted, ſet under a Diſh with Claret, Thyme minced, and grated Nutmeg: When your Veal is ready, cut off the Sticks, and ſlip the Oyſters and Bacon into the Wine; put them into a Pipkin, add to them the Yolk of an Egg to thicken them, diſh your Veal, pour this Sauce over it, and ſerve it up.

To roaſt Pullets with farced Olives.

Raiſe the skin of the Breaſt of your Pullets, pull out the Fleſh from off the Breaſts, and take out the Breaſt-bone, and with the Fleſh make a Farce as follows: Take the Fleſh of the Pullets Breaſts, and mince it very ſmall with ſome Beef-ſuet, blanched Bacon, Muſhrooms, and Parſley, the Crum of a *French* Roll ſoaked in Cream, and the Yolks of a couple of Eggs raw, ſeaſon with Salt, Pepper, Spices, and ſweet Herbs; theſe being ſhred and mixt well together, pound them in a Mortar, and farce the Pullets with this Farce: Put into the Body of them a Ragoo of what you think proper, then tye them up at the Neck and Rump, cover them with bards of Bacon, wrap them up in Paper, ſpit them, and roaſt them at a gentle Fire. In the mean time make a Ragoo of Olives in manner following: Take forty or fifty large Olives, ſlip out the Stones at the ſtalk end, but take care not to break the Skin more than is neceſſary, in the room of the Stones, farce the Olives with the ſame Farce, you farced the Pullets Breaſts, and cloſe

up the Skin upon the Farce. Then put the Olives into a Sauſe-pan of boyling Water, let them have a boyl or two, then take them out immediately, and put them into another Sauſe-pan with Eſſence of Ham, and let them ſimmer over a gentle Fire. When your Pullets are roaſted, diſh them up, pour upon them your Ragoo of farced Olives, and ſerve them up for the firſt Courſe.

To roaſt a quarter of Lamb.

Lard one half of the Quarter, and drudge the other well with grated Bread; Spit it, and wrap it up in Paper that it may not ſcorch: And when it is near roaſted enough, drudge the unlarded Part with Bread, as before, adding a little fine Salt and Parſley ſhred ſmall.

To roaſt a Cows Udder.

Chuſe a fine young Maiden Udder, boyl it well, then ſtick it thick all over with Cloves, and when it is cold, ſpit it and lay it to the Fire, and baſte it very well with ſweet Butter; when it is roaſted and brown, draw it from the Fire, and put ſome Vinegar and Butter over a Chaffing-diſh of Coals, and put in grated Bread, and boyl it 'till it be thick: Then put to it a good quantity of Sugar and Cinnamon, place the Udder in a Diſh, pour the Sauce upon it, and trim the Sides of the Diſh with Sugar.

To roaſt a Shoulder of Mutton with Oyſters.

Parboyl your Oyſters, then mix Winter ſavoury, Thyme, Parſley, and the Yolks of five or ſix hard Eggs, add to theſe half a Penny-loaf of grated Bread, and three or four Yolks of Eggs beaten; mingle all theſe together with your Hand; and when you have ſpitted your Mutton, make holes in it as big as you think convenient, and put in your Oyſters with your other Ingredients (twenty five or thirty Oyſters will be enough) let it roaſt indifferent long, and take the Remainder of a quart of Oyſters, and put them into a deep Diſh with Claret, put to them two or three Onions ſliced, and two Anchovies, put this into your Dripping-pan under your Mutton, and ſave the Gravy,

and

and when the Meat is enough, put your Sauce upon a Chafing-diſh of Coals, and put in it the Yolk of an Egg beaten, grated Nutmeg, and ſweet Butter. Diſh your Mutton, and pour your Oyſter Sauce upon it, and garniſh with Lemons and Barberries.

To roaſt a Piece of freſh Sturgeon.

Stuff the Sturgeon with Cloves, ſpit it, and roaſt it leiſurely, and baſte it continually, which will take away the Hardneſs: When it is enough, throw Salt upon it, and ſerve it up with Veniſon-ſauce.

To roaſt Eels.

Flea them, and cut them to Pieces about three or four Inches long, dry them, and put them into a Diſh: Mince a little Thyme, two Onions, a piece of Lemon-peel, a little Pepper beaten ſmall, ſtrew them on the Eels, with the Yolks of two or three Eggs, then with a ſmall Spit, ſpit them croſs ways, and put a Bay-leaf between every Piece of Eel. You need not turn them conſtantly, but let them ſtand till they burſt or are brown, ſo do them on the other ſide, and put the Diſh, with the ſeaſoning, underneath to ſave the Gravy, baſte them over with freſh Butter. The Sauce muſt be a little Claret-wine, ſome minced Oyſters with their Liquor, a grated Nutmeg, and an Onion, and freſh Butter, and ſo ſerve it up.

To roaſt a Salmon.

Draw your Salmon at the Gills, and ſtuff in his Belly ſome whole ſweet-herbs, as Thyme, Roſemary, Winter-ſavory, Sweet-marjoram, a ſmall Onion, and Garlick; ſcale the Salmon, wipe off the Slime, and lard him with Pickle-herrings or a ſalt Eel; then ſeaſon large Oyſters with Nutmeg, and fill up his Belly with them; baſte him with Butter, lay him upon Sticks in a Tin Dripping-pan, ſet it into the Oven, draw it out, turn the other ſide upwards, then put ſome Claret in the Dripping-pan under it, with Anchovies, Pepper, and Nutmeg: Let the Gravy drip into it, baſte it out of the Pan with Roſemary and Bays, and when it is done enough, take off all the Fat of the Gravy, boyl it up, and beat it thick with Butter. Diſh your Salmon, pour the

Sauce over it, rip up his Belly, take out ſome of the Oyſters, put them into the Sauce, take away the Herbs, and ſerve it up.

To roaſt a Pike.

Take a large Pike, draw and waſh it clean; then take a Pint of Oyſters or Shrimps, three or four Anchovies, an Onion or Shallot, Nutmeg, Cloves and Mace, with a little Parſley, ſhred theſe very ſmall, and mix with Butter. With this ſtuff the Belly of the Pike, and ſtrew ſome on the outſide of it: Then faſten the Pike on the Spit, and baſte it with Butter or Claret. Make a Sauce for it with Claret, ſome of the Liquor of the Oyſters, Butter, Anchovies, Spice and Vinegar, with a little Flower to thicken it.

To roaſt Lobſters alive

Tye them on upon the Spit, baſte them with Salt and Water, and when they look red, baſte them with Butter and Salt, take them up when they are enough. Let the Sauce be Pepper and Lemon, and an Anchovie diſſolved in White Wine, mix altogether and ſerve them up with Lemon and Oyſters in ſmall Plates round the Diſh.

To roaſt Soals.

Draw them, skin and dry them, mince Winter-ſavory Thyme, Sweet-marjoram and a Sprig of Roſemary together; mix with theſe Salt and grated Nutmeg, and ſeaſon your Soals with them, having firſt larded them with Fat freſh Eel, and laid them to ſteep an Hour in White wine that has had Anchovies diſſolved in it. Roaſt them on a ſmall Spit, ſet under them the Diſh wherein they were ſteep'd, and baſte them with Butter: When they are enough, boyl up the Gravy and the Liquor in the Diſh it dropped into together; then diſh them, pour the Sauce over them, lay on them ſlices of Lemon, and ſerve them up.

To roaſt a Carp.

Take a large fat Carp, make a farce with the Milt, the Fleſh of Eels, Muſhrooms, Cheſnuts, chippings of Bread, Anchovies, Onion, Parſley, Thyme, and Sorrel: Seaſon all with Pepper, Salt, and beaten Cloves,

Cloves, to which put ſome good freſh Butter. Stuff the Body of your Carp with this, and ſew up the ſlit; then ſtick it with Cloves and Bay-leaves, and wrap it up in Paper well buttered; faſten it upon the Spit, and baſte it continually with warm Milk or White-wine. When it is roaſted, ſerve it up with a Ragoo of Muſhrooms, the Milts of Carps, Truffles, Morils, and Aſparagus-tops.

To roaſt a Tench.

Cleanſe it well from the Slime, make a little hole as near the Gills as you can, take out the Guts, and cleanſe the Throat, and ſtuff the Belly of the Fiſh with ſweet Herbs: Then tye the Tench to the Spit with two or three Splinters, and roaſt it, mix Butter with Vinegar or Verjuice, and Salt, and baſte it often.

To roaſt Weavers.

Having gutted them, waſh'd, and dry'd them, lard them with bits of Eels and Anchovies; put them on Skewers, and faſten them to the Spit; roaſt them, put a quarter of a Pint of Fiſh Broth, and a little Vinegar into the Dripping-pan, with Salt, Pepper, ſlices of Lemon, ſlices of Onion, and whole Cives. Baſte them as they roaſt with this Marinade. While they are roaſting, make for them the following Sauce:

Melt a bit of Butter in a Sauſe-pan, brown it with a pinch of Flour, and having minced a couple of Muſhrooms, a raw Truffle, ſome Cives and Parſley, each by themſelves, put firſt the Cives into your Butter in the Sauſe-pan, then the Muſhrooms and Truffle: Let theſe have three or four turns over the Fire, then put in a little Fiſh-broth, ſeaſoned with Salt and Pepper, to moiſten them, and let them ſtand a little over the Fire to ſimmer. When it is waſted away as much as you think convenient, put in a few Capers and Anchovies, and add ſome good Cullis to thicken it. Then diſh the Weavers, pour the Sauce over them, and ſerve them up.

If you pleaſe you may lard them with Bacon, inſtead of Eel and Anchovy, and then baſte them with the following Liquor: Put a little Eſſence of *Weſtphalia*

Ham, and Vinegar into your Dripping-pan, ſeaſoned with Salt, Pepper, Butter, ſlices of Lemon, Onions ſliced, and whole Cives. When they are roaſted enough, lay them in your Diſh, pour Eſſence of Ham over them, and ſerve them up to Table hot.

BOYLING.

To boyl a Rump of Beef the French *faſhion.*

PArboyl the Rump of Beef for half an hour, take it up, and put it into a deep Diſh; cut gaſhes in the ſide, that the Gravy may come out, then put Salt and Pepper in every gaſh, then fill up the Diſh with Claret, and put in two or three blades of Mace, ſet it over a Chaffing-diſh of Coals, cover it cloſe, and let it ſtew for an Hour and half, but turn the Meat often. Take off the Fat, put in a handful of Capers five or ſix Onions ſliced, ſix large Lettuce ſliced, and a Spoonful or two of Verjuice: Boyl altogether till the Meat is tender, and ſerve it up with Brown-bread and Sippets fry'd in Butter.

To boyl a Leg of Mutton the French *way.*

Take off the Fat, Fleſh, and Skin about the Shank-bone, lard the Leg with large Lardoons of Bacon well ſeaſoned; and at the ſame time lard a round Piece of a Buttock of Beef, or elſe a Leg of Veal, then ſeaſon all well, and drudge it with Flour, then put them into boyling Hogs Lard to colour them, then put them into a Pot with ſome Broth or Water, with an Onion ſtuck with Cloves, and all ſorts of ſweet Herbs, let them boyl cloſe covered for two Hours. In the mean time prepare a Ragoo of Veal, Sweat-breads, Truffles, Muſhrooms Artichoak-bottoms, and Aſparagus-tops, with a good Cullis. Diſh the Mutton, cutting the Beef and Veal into ſlices, and lay them ſo as to make a Rim round the Mutton, put your Ragoo upon it, and ſerve it up hot for the firſt Courſe.

To boyl a Goose.

Put it into a Pot with fair Water, or strong Broth, let it boyl, and scum it clean; then put in Salt, Pepper, three or four sliced Onions, and three or four Cloves, some White-wine, Mace, Currants and Raisins, a little grated Bread, and a Bundle of Sweet Herbs. When it is boyled enough, dish it up on Sippets, slash it on the Breast, and garnish with slices of Lemons and Barberries.

To boyl Pidgeons with Rice.

Boyl your Pidgeons with Mutton-broth, and put Sweat-herbs in their Bellies: Then take a little Rice, and boyl it in Cream with a little whole Mace, season it with Sugar, lay it thick on their Breasts, squeeze the Juice of Lemon upon them, and serve them up.

To boyl a Leg of Veal.

Stuff it with Beef suet, and Sweet herbs chopt, seasoned with Salt and Nutmeg, and boyl it in Water and Salt, then take some of the Veal, and put to it some Capers, Currants, whole Mace, a Piece of interlarded Bacon, two or three whole Cloves, and some Artichoak-suckers boyled: Then put in beaten Butter, boyled Marrow and Mace, and pieces of Pears. Take Sorrel, Sage, Sweet-marjoram, Thyme, and Parsley; mince them coarsely, and bruise them with the back of a Ladle; put these into your Broth to make it green, and give them a warm or two; then your other Materials, some Barberries or Gooseberries, beaten Butter, and Lemon.

To boyl a Leg of Veal and Bacon.

Lard your Leg of Veal all over with large Lardoons of Bacon, and Lemon-peel: boyl it with a Piece of middling Bacon, when the Bacon is enough cut it into slices, season them with dry Sage and Pepper, mixed together. Dish the Veal, lay the Bacon round it, strew it over with Parsley, and serve it up with green Sauce in Saucers: Which green Sauce you must make as follows:

Beat two or three handfuls of Sorrel in a Mortar with two Pippins quartered, and put to it Vinegar and

Sugar. ——Or, take two handfuls of Sorrel, pound it in a Mortar, ſqueeze out the Juice, and put it in a Pipkin with a little drawn Butter and Sugar, and grated Nutmeg. Warm it, and pour it on your Veal and Bacon.

To boyl Veniſon.

Powder your Veniſon well, whether it be a Haunch, or any other Piece, and boyl it in fair Water; in the mean time boyl half a dozen Collyflowers in Milk and Water; when they are boyled, put them into a large Pipkin with drawn Butter; ſet them ſo as to keep them warm, then take half a dozen handfuls of Spinage, waſh it, and boyl it in ſtrong Broth; then pour off the Broth, and put ſome Vinegar to it, ſome drawn Butter and Nutmeg grated, lay Sippets in a Diſh, lay your Spinage on them round towards the ſides of the Diſh lay the Veniſon in the middle, and the Collyflowers all over it, and pour your drawn Butter over all; garniſh with Barberries, and the Diſh with your Parſley minced. ——If you pleaſe you may farce your Veniſon before you boyl it, with Sweet-herbs and Parſley, minced with Beef-ſuet, and the Yolks of hard Eggs, ſeaſoned with Salt, Pepper, and Nutmeg.

To boyl Rabbits.

Prick the Rabbits down to their Shoulders, gathering up their hind Legs to their Shoulders; lard them with Bacon if you pleaſe, and boyl them white; when they are boyled take their Livers and mince them, with fat Bacon boyled; then put to it White-wine, ſtrong Broth and Vinegar, altogether about half a Pint, boyl theſe with ſome whole Mace, ſome Barberries, and a little minced Parſley, put to theſe a Ladle-full of drawn Butter. Diſh your Rabbits on Sippets, pour your Sauce over them, garniſh the Diſh with Barberries, and ſlices of Lemon.

To boyl Pullets with Oyſters in Bladders.

Raiſe up the Skin of the Breaſts of your Pullets. Then take a Quart of Oyſters, hard Eggs, Marrow, and Cheſnuts; ſeaſon theſe well, mix them together, and ſtuff them between the Skin, and the Fleſh of your Pullets,

Pullets, and alſo put ſome of it into their Bellies. Then take ſome Bladders, clean them well, and put a Pullet into each Bladder, tye them up, and boyl them: If you pleaſe you may take out the Fleſh of the Pullets Breaſts, and make a farced Meat of it, and ſtuff their Breaſts with it again. For the Sauce, make a Fricaſſy of Oyſters, garniſhed with Petty-patties, and a haſh'd Pullet. Bind the Ingredients with grated Bread, and the Yolks of Eggs raw. The Pullets will take two Hours and a half's boyling in the Bladders.

To boyl a Capon.

Draw your Capon, take out the Fat of the Leaf clean, waſh it, and fill the Belly with Oyſters; in the mean time cut a Leg of Mutton in Pieces boyl it and ſcum it well, put in your Capon, and when it boyls, ſcum it again, ſee that you have no more Broth than will juſt cover the Meat, then put in about a Pint of White-wine, whole Pepper, Cloves, and Mace: Then ſtrip three Anchovies from the Bones, waſh them, and put them in about a quarter of an Hour before it is enough, you may alſo put in Parſley and Sweet-herbs. When it is enough, put Sippets in the Diſh, take the Oyſters out of the Capon, lay them in the Broth, and the Capon in the Middle; ſqueeze into it an Orange or Lemon, and ſerve it up.

To boyl Chickens.

Boyl them in Water as white as you can. Prepare the Sauces. If it be Summer time, take ſome of the Broth they are boyled in, put in ſome Claret and large Mace, the bottoms of three Artichoakes, being boyled and cut into ſquare Pieces, an Ox's Palate ſliced thin, Salt and Sweet-herbs. Boyl all theſe together, beat them up with Butter, and when you have diſhed your Chickens, run this Sauce over them; lay upon the Chickens Aſparagus boyled, hard Lettuce, and a handful of Gooſeberries ſcalded, and ſome ſlices of Lemon, and ſerve it up.——If it be in the Winter-ſeaſon, make this Sauce: Take a Pint of White-wine, ſome Verjuice, a ſmall handful of Pine-kernels, half a Dozen of Dates, a Bunch of Sweet-herbs, and half a Dozen

Blades

Blades of Mace. Boyl all these together till one half of the Liquor is wasted away, then beat it up thick with Butter: Then dish your Chickens with Toasts dipt in *Alicant* Wine, lay them on the Toasts; pour your Sauce upon them, and upon the Chickens lay Yolks of of Eggs quartered, Lozenges, Sheeps-tongues fry'd in green Butter, being first boyl'd and blanched. Lay over these some Pieces of Marrow, and some pickled Barberries, and serve them up.

To boyl Chickens and Asparagus.

First force Chickens with a good forced Meat, and boyl them white: Cut your Asparagus about an Inch long, parboyl them in Water, into which put a little Butter and Flour, and when they are parboyled, drain them, then dissolve a little Butter and Salt gently in a Sauce-pan, being careful that it does not become brown; then put a little minced Parsley and Cream, some Salt, Nutmeg, and a Faggot of Fennel to the Asparagus; stew it over a gentle Fire, squeeze in a Lemon over the Chickens, pour and serve them up.

To boyl a Turbat.

Draw, wash, and cleanse the Fish from the Slime put it into Water and Salt, boyling hot, let it boyl gently, scum it well, and as it boyls, put in more Salt; when the Liquor has wasted a little, put in some White-wine Vinegar, Lemon-peel, two or three Cloves, and a little Mace. When it is boyled let it stand till 'tis cold, put one or two Lemons cut in slices, take up the Fish, put it into an Earthen-pan, pour on it the Liquor it was boyl'd in, and cover it up close.

To boyl Trouts.

Wash your Trouts, dry them in a Cloth, open them, gut them, and take out all the Blood and make the insides clean, without washing. Give them three Scotches with a Knife to the Bone, on one side, then put as much stale-Beer, White-wine Vinegar and Water into a Fish-kettle, or Stew-pan, as will cover them, with a good deal of Salt, a bunch of Winter-savory, Thyme, and Rosemary, and a handful of Horse-radish Root sliced. Set your Pan over a brisk Wood-fire, make

make the Liquor boyl up to the height, then put in your Trouts one by one, that they may not damp the Boyling. While the Fiſh boyls, make a Sauce of Butter, beaten up with ſome of the Fiſh-broth; take up the Trouts, drain them, diſh them, pour your Sauce upon them, ſtrew them plentifully with Horſe-radiſh ſcraped thin, and beaten Ginger, garniſh the Diſh with ſlices of Lemon, and ſerve them up.

To boyl Soals.

Draw and flea your Soals, then boyl them in Vinegar, White-wine, Salt and Mace, but make the Liquor boyl before you put in the Soals: When they are enough diſh them on carved Sippets, garniſh with ſlices of Lemon, whole Mace, Gooſeberries, Barberries or Grapes: Run the Fiſh over with Butter beat up thick with the Juice of Oranges, and you may lay ſtew'd Oyſters over the Soals.

Another way.

Flea them, draw them, and ſcotch them on one ſide with a Knife, lay them in a Diſh upon them ſome Vinegar and Salt, and let them lie in it for half an Hour. In the mean time ſet ſome Water on the Fire with ſome White-wine, Salt, half a Dozen Cloves of Garlick, and a Bunch of Sweet-herbs: When the Liquor boyls, put in your Soals, and pour in the Vinegar and Salt, in which they lay to ſteep; when they are boyled, drain them well, and beat up Butter very thick, and put in ſome Anchovies minced very ſmall, and diſſolve them. Diſh your Fiſh, pour on the Sauce, ſtrew on a little grated Nutmeg, and Orange minced, mixed with the Butter.

To boyl Flounders or Plaice.

Put Salt into your Water, whole Spice, White-wine, and a Bunch of Sweet-herbs; when it boyls, put in a little Vinegar (which will make the Fiſh Criſp,) and let it boyl a-pace before you put in your Fiſh: Let them boyl, 'till they ſwim, then take them up, and drain them well. Take a little of the Liquor, put into it ſome Butter, two or three Anchovies, and ſome Capers,

Capers, and beat it up thick: Then pour it over the Diſh, with Parſley, Capers, Orange, and Lemons.

To boyl Perch.

Gut your Perches, give them three ſcotches to the Bone with a Knife, only on one ſide, after that put into a Stew-pan or Kettle, Water, as much hard ſtale Beer, White-wine and Vinegar, as will cover your Fiſh, Herbs, &c. then put in a good quantity of Salt, a bunch of Winter-ſavory, Thyme, Roſemary, and Parſley, and a handful of Horſe-radiſh Roots ſliced: Set your Stew-pan over a brisk Wood-fire, and let it boyl up to the height; and then put in your Fiſh one by one, that they may not cool the Liquor ſo much as to make it fall in its boyling. While the Fiſh are boyling, take for your Sauce a little of the Liquor, and beat up ſome Butter with it. When your Perches are enough, take them up, take off the Skins, ſtrew ſhaved Horſe-radiſh over them, and ſome beaten Ginger: Run them over with melted Butter. Garniſh the ſides of the Diſh with ſliced Lemon, and ſend it up to Table.

To boyl Salmon.

Clean and Scale the Salmon, and take either the whole ſide, or what part of it you pleaſe, and cut it into Pieces of a reaſonable Bigneſs; wipe off the Blood, but do not waſh it; take as much Wine and Water (of each an equal quantity) as will juſt cover it, and put in Salt according to the quantity of your Liquor. Then put in your Salmon, make it boyl up quick, and put in alſo a Quart of White-wine Vinegar: If the Fire be brisk it will be boil'd in half an Hour; then having prepared a Sauce for it of Butter beaten up with Water, and the Yolks of two or three Eggs diſſolved in it, and a little of the Liquor, with ſome grated Nutmeg, and ſlices of Lemon; take up your Salmon, diſh it, pour the Sauce over it, and garniſh with ſearſed Manchet, ſlices of Lemon, Spices, Barberries, fry'd Greens, and ſerve it up.

STEWING.

STEWING.

To ſtew a Leg of Beef.

LET it be well broken, then put to it two or three Quarts of Water, Salt, whole Pepper, and a Bundle of Sweet-herbs, then let it ſtew for ſeven or eight Hours: Then pour out both Meat and Broth into a Pan, and let it ſtand till the next Day; then ſet it on the Fire again, and put in a Quart of Ale, and let it boyl about half an hour; take it off, and put it into a Diſh with Toaſts about it.

To ſtew Veal.

Cut your Veal into ſmall Pieces, ſeaſon them with Salt, whole Pepper, an Onion, Lemon-peel and Mace, and two or three Shallots; ſtew all in Water, or Port-wine with a little Butter. When your Meat is ſtewed enough, put in ſome Yolks of Eggs beaten, give them a warm or two, diſh and ſerve them up.

To ſtew Veniſon.

Cut your Veniſon into ſlices, put it into a Stew-pan, with a little Claret, a Sprig or two of Roſemary, ſix Cloves, a little Vinegar, Sugar and grated Bread: When they have ſtewed ſometime, grate in ſmall-Nutmeg, and ſerve it up.

To ſtew a Hare the French *way.*

Caſe it, and waſh it, cut ſlices of Veal or Pork about two Fingers thick, put them with the Hare into an Earthen-pipkin, with Onions fryed in Hogs Lard, half cover it with Beef-broth, and ſtew it over a gentle Fire, and as the Liquor waſtes, put in more Broth. Toaſt ſome Bread well, parboyl the Livers of ſix Fowls, ſteep them in Beef-broth, ſeaſoning it with Salt, Long-pepper, Cloves and Cinnamon, and add to it a little Claret and Vinegar; ſtrain theſe, and put the Liquor to the Hare as it ſtews, and when ſtew'd enough, diſh them up.

To

To ſtew wild Ducks.

Half roaſt them, put them into a Stew-pan, put in a Pint of Claret, and a Pint of ſtrong Broth, two Onions quartered, and a bunch of Sweet-herbs, with a little beaten Pepper. Stew them in a Pan covered, and when enough, garniſh'd with fry'd Bacon.

To ſtew Woodcocks.

Half roaſt them, cut them in Pieces, then put them in your Stew-pan, put in half a Pint of Claret, ſeaſon with Pepper, Salt, Nutmeg, Shallots, ſlices of Lemon, let them ſtew leiſurely, and turn them. Serve up with ſlices of Lemon.

To ſtew Chickens.

Quarter your Chickens and put them into White-wine and Water, of each an equal quantity; ſtew them till they are tender, then add a good quantity of Butter, a bunch of Sweet-herbs and large Mace, and raſp in it a Manchet to thicken it. Seaſon it with Salt, Pepper and Nutmeg, and put in ſome Parſley and Sage if you pleaſe; beat ſome Yolks of Eggs well with the Juice of Lemon in the Sauce, and lay Marrow on the top of your Chickens. Garniſh with Parſley and ſliced Lemon, and ſerve them up.

To ſtew Rabbits.

Take two or three Rabbits, boyl them till they are half enough, cut them into Pieces in the Joynts, cut the Meat off from the Bone in Pieces, leaving ſome Meat on the Bones; then put Meat and Bones into a good quantity of the Liquor, in which the Rabbits were parboy'ed, ſet it over a Chaffing-diſh of Coals, between two Diſhes, and let it ſtew: Seaſon with Salt and groſs Pepper, and then put in ſome Oil; and before you take it off the Fire, ſqueeze in ſome Juice of Lemon. When it has ſtew'd enough, ſerve up altogether in a Diſh.

To ſtew Rabbits the French *way*

Divide your Rabbits into Quarters, lard them with pretty large Lardons of Bacon, fry them, ſtew them in an Earthen Pan with ſome ſtrong Broth, White-wine, Salt

Salt, Pepper, a Faggot of Sweet-herbs, fry'd Flour and Orange.

To ſtew Pheaſant A la Braiſe.

Pick your Pheaſant, and draw it, cut of the Legs, put the ends of the Thighs into the Body, and parboyl it; lard it with large Lardons of Bacon well ſeaſoned, lay bards of Bacon and Beef-ſtakes well beaten and ſeaſoned with Salt, Pepper, Spices, Sweet-herbs, Onions ſliced, Parſnips and Carrots in ſlices, then lay your Pheaſant in a Stew-pan. Lay the ſame ſeaſoning over it, and cover it with Stakes of Beef and ſlices of Bacon, as you did under: Then cover your Stew-pan, and put Fire over and under it, and let them ſtew well together. While your Pheaſant is ſtewing, make a Ragoo with Veal Sweet-breads, Fat, Livers, Muſhrooms, Truffles, Aſparagus-tops, and Artichoak-bottoms, toſs'd up in melted Bacon, moiſtened with Gravy, and ſimmer'd over a gentle Fire. When it is ready take off all the Fat, and thicken it with a Cullis of Veal and Ham, then take up your Pheaſant, let it be well drained, then diſh it, pour your Ragoo over it, and ſerve it up hot.

To ſtew Partridges.

Take half a dozen Partridges, parboyl them, then cut them into little Pieces, ſeparating the Joynt-bones one from another; cut the Meat into as large ſlices as you can, but do not cut it clear off from the Bones. Put both Meat and Bones (except the Breaſt-bones) into a Pipkin, with ſome of the Liquor wherein they were ſtew'd, ſeaſon it with Salt and Pepper, ſet it on the Fire to ſtew, and afterwards put in a little ſweet Oil. When it is near enough ſqueeze in the Juice of a Lemon. Pour all into a large Diſh, and ſerve it up hot.

To ſtew a Rump of Beef.

Cut Beef-ſtakes off from the Rump, half broil them, then ſeaſon them high, and put them into a Stew-pan, and cover them with Gravy: Roll a Piece of Butter in Flour, put it in, and the Yolk of an Egg: Then ſerve them up.

To

To ſtew a Lamb's-head.

Take out the Brains and make a Pudding of them; boyl them, and when they are cold, cut them into bits. Then mince Lamb and Beef-ſuet together, add to it ſome grated Bread, ſeaſon with Salt, Pepper, and Sweet-herbs minced ſmall, and add four or five raw Eggs. Fill the Lamb's-head with theſe; then ſtew it in a Stew-pan with ſome ſtrong Broth; make Balls with the Remainder of your minced Meat.

To ſtew Mutton the Turkiſh *way.*

Cut your Meat into thin ſlices, then waſh it in Vinegar, and put it into a Pot or Sauce-pan that has a cloſe Cover to it, then put in ſome Rice, whole Pepper, and two or three Onions: Let all theſe ſtew together, ſcumming it often. When it is enough take out the Onions, and diſh it with Sippets, and ſerve it up.

To ſtew Carp.

Waſh them, gut them, lay them into a Marianade of Claret, Salt, Vinegar, whole Spice, whole Onions, Lemon-peel ſhred, and Horſe-radiſh ſcraped. Let them ſtew gently for three quarters of an Hour, then beat ſome Butter up in a Sauce-pan; with ſome of the Fiſh-broth, two Anchovies, Shrimps and Oyſters. Diſh your Carp on Sippets, pour this Sauce over them, garniſh the Diſh with Milts, ſlices of Lemon, and Horſe-radiſh.

To ſtew Eels.

Put them into a Stew-pan with White-wine and a little Salt; when they are half ſtew'd, put to them ſome Horſe-radiſh, an Onion quartered, a little grated Bread, and a little beaten Cloves and Mace; when they are almoſt done put in a little Butter and a Glaſs of Claret, and one Anchovie quartered; give them a Warm or two and ſerve them up.

To ſtew Oyſters.

Put a Quart of large Oyſters into a Pipkin, with a Pint of White-wine, a little of the Oyſter Liquor, two Shallots, two Anchovies, a little Thyme, and ſome blades of Mace; ſtew them gently for near a quarter of an hour; thicken the Liquor with a little Flour, and when

when they are enough, put in half a Pound of Butter, ſhake them well together, and lay them on Sippets. Garniſh with ſlices of Lemon and Barberries, and ſerve them up.

To ſtew Salmon.

Draw the Salmon, ſcotch him on the Back, then put him either whole or in pieces in the Stew-pan, and pour upon him as much Beer-vinegar, Water; and White-wine, as will cover him. Put in a ſeaſoning of Salt, whole Pepper, ſliced Ginger, large Mace, whole Cloves, a Faggot of Sweet-marjoram, Roſemary, Winter-ſavory, Thyme, Parſley, and an Orange cut in halves: Add a lump of Butter. Let all ſtew together very leiſurely, and when the Salmon is enough, diſh it upon Sippets, lay on it your Spices, and ſliced Lemon, run it over with Butter, beaten up with ſome of the ſtewed Liquor, *&c.* garniſh with grated Manchet, *&c.* and ſerve it up hot for a firſt Courſe.

To ſtew Soals.

Take a pair of Soals, lard them with water'd Salt Salmon, then lay them on a ſmooth Board, cut the lard out of an equal length; on each ſide let it be but ſhort, then drudge the Fiſh with Flour, and fry them in Ale till they are half done; then lay them into a Diſh with ſix Spoonfuls of White-wine, three of Vinegar, three Ounces of Butter, and ſome ſlices of Orange and Lemon, with Salt and grated Nutmeg: Lay another Diſh over it, and let them ſtew. Diſh them up with ſlices of Lemon, beaten Butter, and the Juice of Oranges.

To ſtew Prawns.

Having boyled and picked them, ſtew them in White-wine or Claret, and freſh Butter; ſeaſon with Salt and Nutmeg. Diſh them in Scollop-ſhells, and run them over with beaten Butter and Juice of Orange and Lemon; or you may ſtew them in Butter and Cream, and ſerve them up in Scollop-ſhells.

To ſtew Pike.

Slit your Pike waſh out the Blood, lay it in a Diſh, put in as much White-wine as will cover it, ſet it over a gentle Fire to ſtew, and when it boyls, put in the Pike

Pike, and ſcum it. Then put in ſome Salt, whole Cinnamon, and blades of Mace: When it is ſtewed enough, take out the Spice, and put in a good Piece of Butter, and the Yolks of two or three Eggs, and let them have a Warm or two. Diſh your Pike, and pour your Sauce over it.

To ſtew Barbels.

Scald and draw the Barbels, then put ſome Wine, freſh Butter, Pepper, Salt and a Bunch of Sweet-herbs into the Stew-pan, and put in the Fiſh. Knead a bit of Butter with a little Flour, and when they are ready put it into thicken the ſame, and ſo ſerve it up. ——— Some uſe no Butter, but otherwiſe dreſs them as above, and when they are ſtew'd, they ſerve them up with a Ragoo made of Muſhrooms, Truffles, Morils, Artichoak-bottoms, freſh Butter, Pepper and Salt, Broth made of Fiſh, or Juice of Onions.

To ſtew Trouts.

Put three or four Trouts in a Diſh, with better than a quarter of a Pint of White-wine, and a quarter of a Pound of Butter, with a little whole Mace; then mince Thyme, Winter-ſavory and Parſley together, and put to them. Let them ſtew for about a quarter of an Hour, then mince the Yolk of an Egg, and put to your Trouts. When they are enough diſh them, lay the Herbs on them, pour the Liquor over them, and ſerve them up.

To ſtew Tench.

Gut your Tench, and fry them in Butter made brown, then ſtew them in the ſame Butter, with White-wine, Verjuice, Salt, Pepper, Nutmeg, a Bunch of Sweet-herbs, a Bay-leaf or two, and a little Flour. When the Fiſh is ſtew'd enough, put in Capers, Oyſters, the Juice of Muſhrooms and Lemons, and garniſh with fry'd Bread.

To ſtew Perch.

Gut your Perches, lay them into a Stew-pan, with two Glaſſes of White-wine, a little Vinegar, and as much Water as will cover them, and ſome ſlices of Lemons, a Bay-leaf, Cives, Parſley, and ſome Baſil; add

add alſo ſome Pepper and Cloves. Set them over a Stove to ſtew, then take them off, and let them ſtand by to cool in the before-mentioned Liquor and ſeaſoning: When they have ſtood a while take them out, take off their Skins, but take care not to break the Fleſh. Then lay them in a Diſh, cover them, and keep them hot, while you make the following Sauce. Put a piece of Butter as big as two Eggs into a Sauſe-pan; add Salt, Pepper, grated Nutmeg, one Anchovy minced, a drop or two of Vinegar, and the like quantity of Water, and a pinch of Flour: Give theſe a warm over the Fire, ſtirring them with a Spoon, till the Butter is melted and grown thickiſh.

To ſtew Smelts.

Lay your Smelts in a deep Diſh, put to them a quarter of a Pint of White-wine, ſome whole Pepper, a little Thyme and Winter-ſavory ſhred ſmall, a quarter of a Pound of Butter, and the Yolks of three or four Eggs minced. Let them ſtew together, turn them now and then with the Fiſh, and when they are enough, ſerve them up on Sippets. Garniſh with pickled Barberries.

To ſtew Gudgeons.

Set Wine and Water, of each an equal quantity, over a Fire in a deep Diſh; put in a race of Ginger ſhred, a Nutmeg quartered, a little large Mace, a little Salt, and a Faggot of Marjoram, Thyme, and Parſley. Let theſe boyl a little, then put in your Gudgeons, add ſome Butter, and make them boyl a-pace; and when they are enough, pour out all the Liquor into a Pipkin, and ſet it on the Fire with the Spice and Herbs that were in before: Then mince a Handful of Parſley with a little Thyme and Fennel, and boyl them in the Fiſh-broth. Then beat the Meat of two Crabs, the Carcaſs of a Lobſter, the Yolks of three Eggs, with a Ladle of drawn Butter, and ſome of the Fiſh-broth, and put it into the Pipkin, and ſtir it till it thickens. Diſh your Gudgeons on Sippets, pour your Sauce over them, and ſerve them up up.

FRICACIES.

FRICACIES.

To Fricaſſy Quails.

PUT your Quails into a Sauce-pan with a ſlice of Ham well beaten; Muſhrooms, Truffles, Morils, and toſs them up in a little melted Bacon. Seaſon them with Salt, Pepper, and Cloves, add a Bunch of Sweet-herbs, put in a little Flour to thicken it, and when you have given it two or three turns over the Stove, put in ſome good Gravy, and a Glaſs of Wine, and let it ſimmer for a time over a gentle Fire. When they are near enough, thicken the Ragoo with ſome ſort of Cullis, or two or three Eggs beaten up with Gravy and Verjuice, and ſerve them up.

To make a Fricaſſy of Veal.

Cut your Veal into thin Slices, beat it well with a Rolling-pin, ſeaſon it with Nutmeg, Lemon, and Thyme, fry it ſlightly in the Pan, then beat two Eggs and one Spoonful of Verjuice, put it into the Pan, ſtir it together, fry it, and diſh it.

To Fricaſſy Ox Palates.

Boyl your Ox Palates until they are very tender blanch and pare them clean, then ſeaſon them with Salt, Pepper, Nutmeg and Cloves finely beaten, add ſome grated Bread, then fry them in Butter, brown on both ſides, then diſh them. Diſſolve two or three Anchovies in Mutton-gravy and pour to them, grate a little Nutmeg, ſqueeze a little Lemon, and ſerve them up.

To Fricaſſy a Capon.

Boyl or roaſt the Capon, cut it up, and take the Pinions from the Wings, and the Brawn from the Joynts. Take the Yolks of five Eggs, ſome minced Thyme, and ſliced Nutmeg, mingle them well and put them into the Pan with the Capon, and clarify'd Butter half hot, and fry them till they are Yellow, then turn them

them: Then put the Yolks of three Eggs, an Onion quartered, Anchovies, and a little grated Nutmeg into some White-wine, strong Broth or Gravy. Pour out the Liquor in your Pan, and put to it a Ladle of Butter; put this layer into your Pan, and shake it continually over a slow Fire till it grows thick, then put your Capon into a Dish, pour in your Sauce, garnish with slices of Lemons, and hard Yolks of Eggs chopt small, and serve it up.

To Fricassy a Goose.

Roast a Goose, and before it is quite enough, cut and scotch him with your Knife long ways, and then slash it a cross, wash it with Butter, strew Salt over it, then lay it in the Dish with the skinny side downwards, set it before the Fire in a Frying-pan, till it has taken a gentle heat; turn the other side, and let that have a heat. Afterwards broil it on a Grid-iron, over a gentle Fire, and when it is enough baste the upper side with Butter, and drudge it with grated Bread and Flour: Put it on the Grid-iron again, and froth it, make a Sauce of Butter, Vinegar, Mustard, and a little Sugar; pour this into a Dish, with Sausages and Lemon, and serve it up.

To Fricassy Ducks.

Quarter them, race them, beat them with the back of your Clever, dry them well, and fry them in sweet Butter; when they are almost fryed, put in a handful of Onions shred small, and a little Thyme, then put in a little Claret, thin slices of Bacon, Parsley and Spinage, boyl'd green, and shred small. Break into a Dish the Yolks of three Eggs, with a little Pepper, and some grated Nutmeg, and toss them up with a Ladle full of drawn Butter; pour this on your Ducks, lay your Bacon upon them, and serve it up.

To Fricassy Chickens.

Scald three or four Chickens, flea off the Skin and Feathers together, put them in a little Water, then take half a Pint of White-wine, and two or three whole Onions, some large Mace and Nutmeg, ty'd up in a Cloth, a bundle of Sweet-herbs, and a little Salt, and

put

put them all in a Pipkin close covered, let them simmer a quarter of an Hour, then take six Yolks of Eggs, half a Pound of sweet Butter, four Anchovies dissolved in a little Broth. Shred your boyl'd Spice small, take a quarter of a Pound of Capers, and shred them very small; put the dissolved Anchovies into the Eggs and Butter and Capers, and stir them altogether over a Chasing-dish of Coals, till it begins to thicken; then take the Chickens out of the Broth, lay them on Sippets, pour some Sauce upon them, and garnish with Lemons sliced.

To Fricassy Rabbits.

Parboyl your Rabbits very well, quarter them, Flour them, and fry them in fresh Butter; let a Sauce be prepared of six Eggs, well beaten, and half a Pint of strong Broth and White-wine, a handful of Parsley, boyl'd green, and chopt small with a little Sugar, and a Nutmeg grated; you may also add Artichoak-bottoms and sliced Potatoes roasted. Put these into the Pan to your Rabbits, and shake the Pan over the Fire till they are ready to boyl; then dish the Rabbits on Sippets, and pour on the Sauce as thick as drawn Butter, garnish them with boyl'd Parsley, Barberries, and Lemon.

To Fricassy Crabs.

Take out all the Meat of the Body of the Crabs, break their Claws, mince the Meat, and put it to Claret, shred Fennel, a grated Nutmeg; boyl them in drawn Butter with Cinnamon, Ginger, and the Yolks of two Eggs, then put the Meat into the Crab's Shell, and garnish it round with the small Legs.

To Fricassy Neats-tongues.

When you have boyled your Tongues tender, cut them into slices, and fry them in fresh Butter; then pour out the Butter, and put in strong Broth or Gravy, season with Salt, Pepper, Nutmeg, Thyme, Savory, Sweet-marjoram, and Parsley all chopt small. When these have stew'd together a while, dissolve Yolks of Eggs in White-wine Vinegar, or Grape Verjuice, and put them in with whole Grapes or Barberries, thicken with

with grated Manchet, or Almond-paſte ſtrain'd; you may add Saffron.

To Fricaſſy Neats-tongue and Udder.

Boyl them, cut them in ſlices within two Inches of the top or ſmall end, which cut length-ways for Sippets; then take a Handful of Sweet-herbs, mince them ſmall, and put them to the Tongue and Udder, add the Yolks of ſeven or eight Eggs, and mix altogether. Fry them in clarify'd Butter, then turn them into a Stew-pan, and put to them ſome White-wine, a little Vinegar, beaten Cinnamon, Ginger, Sugar, a little Roſemary, and a Handful of grated Bread. Stew all theſe together; put in, as they ſtew ſome drawn Butter, ſerve it up with the ſlices of the tip and ſmall end of your Tongue and Udder, then pour your ſtew'd Liquor over it.

To Fricaſſy a Duckling.

Cut your Ducklings in ſmall Pieces, dry them, Flour them, and fry them in Butter; then take a little Canary, ſome Parſley, and an Onion chopt ſmall, a little groſs Pepper, and a Blade of Mace, and put to theſe, ſome Sugar, Butter, and Verjuice. Then pick the Stalks off from a good handful of Clary; make a Batter of three or four Eggs, Flour, and Cream, with a little Nutmeg: Fry theſe, and having diſhed your Ducklings, pour your fry'd Clary, *&c.* upon them.

To Fricaſſy Salmon.

Take a Piece of freſh Salmon, either Tail or Middle-piece, and cut it into Pieces of the length or bigneſs of your Finger; then mince Sweet-herbs, Parſley, and Fennel very ſmall, and ſeaſon your Salmon with Salt, Mace, Cloves, Ginger and Nutmeg, all pounded ſmall, and mix them together with the Yolks of half a ſcore Eggs: Then fill a Pan with clarify'd Stuff, make it very hot, then ſcatter in your Fiſh and Seaſoning very quick, and take care in frying it, that it does not get into Lumps. When it is about three quarters fryed, pour out the Fat you fry'd it in, and inſtead of it put in White-wine, large Oyſters, and their Liquor, a large Onion, and a couple of Anchovies, ſome minced Thyme, and a little

Nutmeg: Then beat up the Yolks of four Eggs with some of the Liquor, and when it is enough, dish your Fricassy with Sippets. Pour the Sauce over them, run it over with drawn Butter, garnish with Oysters, and serve it up.

To Fricassy Prawns.

Take the Meat out of the Shells, put it into a Dish with a Pint of Claret, an Onion sliced small, a couple of Anchovies, and a Bunch of Sweet-herbs. Let these stew over a Chasing-dish of Coals, with Nutmeg and Ginger, then put them into a Frying-pan with the Yolk of an Egg or two, some Butter and Vinegar, and when they have had a Toss or two, serve them up on Sippets.

To make a Fricassy of Tench with white Sauce.

Cleanse your Tench from the Slime, cut off their Heads, slit them down the Back, and cut each side into three Pieces: Then set on a Sauce-pan with Butter, and when it is melted, put in your Tench, and a few Mushrooms; you may also add Truffles, and Artichoak-bottoms. Season with Salt, Pepper, an Onion, stuck with Cloves, and a Faggot of Sweet-herbs; toss these together, then add a little scalding hot Water, and a little Flour: Then take a Pint of White-wine, heat it boyling hot, and put it into your Fricassy. When a pretty deal of it is wasted away, beat up the Yolks of three or four Eggs, with a little Verjuice or boyled White-wine, and put it to your Fricassy to thicken it, as you do one for Pullets; scrape in a little Nutmeg, and put in a little minced Parsley, and serve it up.

To make a Fricassy of Perch with brown Sauce.

When you have prepared your Tench, as directed in the last Receipt, set a Sauce-pan on the Fire with some Butter, and brown it; then put in your Tench with Mushrooms, Truffles and Artichoak-bottoms, seasoned with Salt, Pepper, an Onion stuck with Cloves, and a Faggot of Sweet-herbs. Toss them up together, and put in a little Fish-broth or Juice of Onion to moisten them; then boyl a Pint of White-wine, and put to your Fricassy;

Fricaſſy; when it is enough thicken it with a Brown Cullis, and ſerve it up.

To Fricaſſy Plaice.

Run your Knife all along upon the Backſide of your Plaice, and take out the Bone, dividing the Fleſh on both Sides from Head to Tail; then according to the largeneſs of your Fiſh, cut them either into three or four Collops, dry them well, ſeaſon them lightly with Salt, Flour them, and put them into clariſy'd Butter, made very hot. When they are almoſt enough, take them up, ſet them before the Fire to keep hot, clean your Pan, put in a Ladle of Butter, ſome White-wine, and Oyſters Liquor: You may alſo put in the Meat of two or three Crabbs, alſo ſome Oyſters, both whole and minced, ſome Nutmeg grated and Thyme minced, and two or three Anchovies. Stew all theſe together, and when they are enough, put to them your Plaice-collops; then diſh them on Sippets, and run them over with your Sauce. Garniſh with Yolks of hard Eggs, and ſlices of Orange.

An excellent Fricaſſy.

Take half a dozen Chickens, and half a dozen Pidgeons, ſcald and truſs them; take Lamb-ſtones and Sweet-breads blanched, parboyl them, ſlice them, and fry moſt of the Sweet-breads flour'd: Cut Aſparagus-tops an Inch long, take the Yolks of a couple of hard Eggs, the Marrow of half a dozen Bones, and Piſtaches, fry half the Marrow and white Butter green, and keep it warm. Then take a clean Frying-pan, and fry your Fowls in Sweet-butter; when they are fry'd, pour out the Butter, put to them Mutton-gravy, ſome Salt and large Oyſters fry'd, and the Yolks of hard Eggs, and the other half of the Marrow, Aſparagus-tops, and Piſtaches: Add Pepper and Nutmeg, a little White-wine, and, if you pleaſe, a Clove of Garlick. Stew them well together, then take the Yolks of half a ſcore Eggs, diſſolved in a Diſh of White-wine Vinegar, or Verjuice of Grapes, and a little Mace beaten, and put theſe to your Fricaſſy. Then ſet a large Diſh on a Chaffing-diſh of Coals, ſlice into it a Six-penny *French*

Loaf, with ſome Mutton-gravy; give your Fricaſſy two or three warms on the Fire, and pour it in. Garniſh with fry'd Oyſters, fry'd Sweat-breads, fry'd Marrow, ſliced Almonds, and the Juice of two or three Oranges.

SPOON-MEATS.

Directions for making Spoon-Meat as Caudles, and Broths.

TAKE a Pint and a half of the ſtrongeſt Ale that can be gotten, twenty Jordan Almonds clean wiped, but neither waſhed nor blanched, and two Dates minced very ſmall and ſtamp'd; then take the Pith of young Beef the length of twelve Inches, lay it in Water 'till the Blood be out of it, then ſtrip the Skin off it, and ſtamp it with Almonds and Dates, then ſtrain them into the Ale, and boyl it till it be a little thick; let the Party drink ſix Spoonfuls in a Morning faſting, and as much at going to Bed.

To make Almond Caudle.

Take three Pints of Ale, boyl it with Cloves and Mace, and ſlice Bread into it, then take one Pound of Almonds ready blanched and beaten, and ſtrain them out with a Pint of White-wine, and thicken the Ale with it, ſweeten it if you pleaſe, and be ſure to ſcum it well when it boyls.

To make a Cordial ſtrengthening Broth.

Take a red Cock, ſtrip the Feathers from the Skin, then break the Bones to ſhivers with a Rolling-pin; ſet it over the Fire, and put in as much Water as will juſt cover it, put in ſome Salt and ſcum it when it boyls. Then put in one handful of Harts-horn, a quarter of a Pound of blue Currants, and as much Raiſins of the Sun ſtoned; and as much Prunes, four blades of large Mace, a bottom Cruſt of a White-loaf, half an Ounce of China-root ſliced, ſteep'd before three Hours in

warm Water. Let them boyl well, ſtrain it, and put in a little fine Sugar, and Juice of *Sevil* Orange.

To make Flummery Caudle.

Take as many Spoonfuls as you pleaſe of cold Flummery, and boyl it with Ale and White-wine, then ſweeten it to your taſte with Sugar; perhaps there will remain ſome Lumps of congealed Flummery in the Caudle, which are not ungrateful, but you may break them with the back of the Spoon.

To make Cock Broth.

Take a large Cock; pluck, draw, and waſh him very well, bruiſe his Legs, and boyl him in a little Water and Salt very well for one Hour, then add ſome Water wherein Button has been boyled, and put in a quarter of a Pound of French Barly or Rice, with ſome Thyme, Winter ſavory and a little Lemon-peel, ſome large Mace and a ſliced Nutmeg, with a Clove or two. Let it be clean ſcummed, and then ſtew until it is enough then take up the Cock for a while, and boyl the Broth very well, then put in the Cock again, and heat him thoroughly, then ſerve all up in a deep Diſh, and garniſh it with Lemons and Barberries.

To make white Broth of Chicken or Capon.

Boyl the Chicken or Capon in Water and Salt, then take three Pints of ſtrong Broth and a Quart of White-wine, and ſtew it in a Pipkin with a quarter of a Pound of Dates, half a Pound of fine Sugar, four or five Blades of large Mace, the Marrow of three Marrow-bones, one handful of white Endive; ſtew theſe in a Pipkin leiſurely, that it may only ſimper, then being finely ſtew'd and the Broth well taſted, ſtrain the Yolks of ten Eggs with ſome of the Broth. Before you ſerve all up, put the Eggs into the Broth, and ſtir it that it may not curdle, and when it is warm take it from the Fire.

To make China Broth.

Take an Ounce of China-root, ſliced thin, and ſteep'd all Night in three Pints of Water on covered Embers; take the next Day a Chicken clean pickt and gutted, and put in his Belly Agrimony and Maiden-hair, of each

half an handful, and as much French Barley and Raisins of the Sun stoned. Boyl all these in a Pipkin close covered on a gentle Fire for six or seven Hours, then let it stand to be cold, strain it and keep it for Use. Take a good draught Morning and Evening.

To make Creams.

How to make clouted Cream.

PUT your Milk into a broad Earthen-pan, and set it over a very slow Fire, letting it stand there from Morning to Night, and taking care that by no Means it boyls or simmers: Then take it off the Fire, and set it in some convenient Place to cool, and in the Morning dish off your Cream, which will be very thick.

To make fresh Cheese and Cream.

Take two Quarts of new Milk, as it comes from the Cow, half a Pound of blanched Almonds beaten very small, and make a thick Almond Milk, with a Pint of Cream strain'd; and a little before Dinner-time make it blood warm, and season it with a little Sugar, and sifted Ginger, and put to it a little Rennet, and when it is scum'd, Whey it, and put it into a Mould, and press it with your Hand, and when it is well whey'd, put it into a Dish with Cream.

To make a Cream of Codlins.

When you have scalded your Codlins, and peel'd of the Skin, and scraped the Pulp from the Cores, mix with them a little Sugar and Rose-water; strain them, and lay the Pulp in a Dish, with as much Cream as you please about them.

To make Rasberry Cream.

Boyl your Cream, then take two Ladlefuls of it when it is almost cold, and bruise the Rasberries in it, and season it with Sugar and Rose-water, then put it into your Cream, stir altogether and serve it up.

To make a Junket.

Take the Milk of a Ewe, or a Cows Milk; warm it, put Rennet to it, then pour it into a Diſh and let it cool: Strew on Cinnamon and Sugar, then lay ſome Cream on it ſcrape Sugar thereon, and ſerve it up.

Bills of Fare, for every Month in the Year.

January.

First Courſe.

BRAWN and Muſtard.
Boyl'd Capons and white Broth.
A Turkey Roaſted.
A Shoulder of Mutton haſh'd.
Boyl'd Geeſe.
Surloin of Beef.
Roaſted Capons.
Veniſon Paſty.
Lamb.
Woodcocks, Patridges, and ſmall Birds.
Minc'd Pies.

Second Courſe.

Roaſted Capons.
Haunch of Veniſon roaſted.
Frieaſſy of Rabbets.
Sturgeon.
Chine of Salmon broil'd with Smelts.
Dry'd Neats-Tongues.
Fruit.

February.

First Courſe.

A Chine of roaſt Pork.
Veal or Beef roaſted.
A couple of Wild Ducks.
A couple of Rabbets.
Fry'd Oyſters.

Second Courſe.

A roaſted Lamb.
Pidgeons roaſted.
A Jole of Sturgeon.
A cold Turkey-Pye.
A Pippin-Pye.
Minc'd Pies.

March.

First Courſe.

Neats-Tongue and Udder.
Boyl'd Chickens.
Stew'd Oyſters.
Young Rabbets.

Cold Ham.
Green Geese.

Second Course.

Fish of all Sorts.
A Lamb-stone Pye.
Tansey and Fritters.
Cream'd Tarts.
Fruit of all Sorts.
Jellies of all Sorts.

Beef boyl'd.
Lamb Frycassy'd.
Chicken Pye.

Second Course.

Chine of Salmon.
Roasted Rabbets.
Cold Tongues.
Tarts.
Gooseberry-fool.

April.

First Course.

A Haunch of Venison roasted.
Four Goslins.
A Turkey-powt.
Custard of Almonds.

Second Course.

A side of Lamb in Joynts.
Eight Turtle Doves.
Sucking Rabbets.
Collar of Beef.
Buttered Apple Pye.
March Panes.
Rock of Snow and Syllabubs.

May.

First Course.

Veal and Bacon boyl'd.
Mutton roasted.

June.

First Course.

Leg of Mutton and Colly-flowers.
A Fore-quarter of Lamb.
Fruit Pudding.
Green-Geese roasted.
Green-Pease.

Second Course.

A Sweet-bred Pye.
Dish of Pheasants.
Potatoe-Pye.
Tarts and Cheese-cakes.
Fruit of various Sorts.
Syllabubs.

July.

First Course.

Pottage with Rice.
Almond Pudding.

Mutton

Mutton roasted.
Westphalia-ham and Pidgeons.

Second Course.

Turkeys stuffed and roasted.
Collard-Pid.
Sweet-breads roasted.
Tarts and Jellies.

August.

First Course.

Scotch Collops of Veal.
A Fricassy of Pidgeons.
Young Goslins.
Umble Pies.

Second Course.

Pheasants and Patridges.
Pike broil'd.
Sweet-Meats and Jellies.

September.

First Course.

Hash'd Calves-head.
Joynts of Lamb.
Salmon broiled.
Marrow-pudding.

Second Course.

Teals and Ducks.
Soals Fry'd.
Apple-Pye butter'd.
Dish of Fruit.

October.

First Course.

Boyl'd Mutton.
Cod's-head boyl'd.
Pidgeon-pye.

Second Course.

Wild Fowls.
Eels broiled and Smelts.
Artichoak-pye.
Tarts and Custard.

November.

First Course.

Carps stew'd.
Geese roasted.
Calve's-head hash'd.
Grand Patty.

Second Course.

Roasted Larks.
Wild Fowl.

Quince Pyes.
Dish of Fruit.

December.

First Course.

Boyl'd Lamb and Spinage.
Turbat with Oysters and Shrimps.
Soop with Teals.
Giblet-pye.

Second Course.

Roasted Turkeys.
Patridges and Pheasants roasted.
Woodcocks.
Quince-pye.
Minced-pyes.

APPENDIX,

APPENDIX,
OR
SUPPLEMENT.

Directions for writing the most usual and legible Hands, for Women; as Mixt-hand, Roman-hand, *and* Italian-hand.

BEFORE I give Directions for writing the aforesaid Hands, I shall lay down some Instructions, how to make a Pen, hold a Pen, how to sit to Write, together with other Necessaries for Writing.

How to make a Pen.

Your Pen-knife must have a smooth, sharp, thin Edge; then take the first or second Quill of a Goose-wing, and scrape it, then hold it in your Left-hand with the Feather-end from you, and beginning even in the Back, cut a small Piece off sloping, and to make a slit enter your Knife in the middle of the Cut, put in a Quill on the end of your Knife, and force it up so far as you desire the slit should be in length: Which done, cut a Piece away sloping on the other side above the Slit, and fashion the Nib, by cutting off both the sides equally down; then place the Nib on the Nail of your Left-thumb, and draw the Edge of the Pen-knife into it slanting,

ſlanting, and being half through, turn the Edge almoſt downright, and cut it off.

How to hold your Pen.

Hold your Pen in your Right-hand, with the hollow ſide downward, place your Thumb on the Left-ſide, and your middle Finger on the Right ſide, near half an Inch from the end of the Nib. Let your Fore-finger be ſtrait on the Top, a little from your Thumb.

How to ſit to Write.

Chuſe a Light that is directly before you, or one that comes on the Left-hand; hold your Head up about twelve Inches from the Paper, and when you write turn not your Head on one ſide or other, but look right downward: Draw in your right Elbow, turn your Hand outward, and bear it lightly: Do not hold your Pen too hard, and with your Left-hand keep the Paper firm.

Neceſſaries for Writing.

Let your Ink be thin, ſo that it may run freely from the Pen, let the Paper on which you write, be white and fine, and rubb'd over lightly with *Gum Sanderick*, beaten fine, and tyed up in a Linnen Cloth, which will make the Paper bear Ink the better, and the Pen run more ſmooth. Let your Paper be ruled or elſe place another Paper under it with large Lines either in black or red, ſo that you may ſee them through the Paper, on which you write. At your firſt writing it will be proper to have Double-lines, made with a Quill cut forked the depth of your intended Letters, or with a black lead Pencil.

Directions for Writing a Mixt-hand.

In writing this Hand, I would adviſe you to a Pen with an even Nib, a long ſlit, and not too hard; write upon double Lines, that your Letters may be even at Head and Foot, and keep a waſte Paper under your Hand, upon which you ought to try every Letter, before you write it fair. At firſt, right ſlow and carefully, mind your Copy diligently, and obſerve the due Proportion and Agreement of Letters.

Firſt,

First, In their compaſſing as the a, b, d, g, o, p, q, &c. which muſt be made with equal Whites.

Secondly, In their Lengths and Depths let them be kept even at Head and Foot.

Thirdly, Keep the Stems of all Letters to an equal height.

Fourthly, Let all incline one way, to the right or to the left.

Fifthly, In making all Heads of long Letters, begin on the left ſide then turn your Pen to a Flat, and draw it down ſmoothly on the right ſide.

Theſe Rules obſerved, will be ſufficient for this Hand; therefore I proceed to give you

Directions for the Roman-hand.

Having your Double-lines and every thing ready, with a different fixed Pen, well cut, firſt imitate the ſmall l, n, o, ſo long till you can make them perfect: Then proceed to make the ſmall Letters, as c, e, a, g, q, then the b, d, f, h, k; I and A. which Stems or body Stroaks keep of an equal height.

Directions for the Italian-hand.

Since the exact writing of this Hand depends wholly upon the form of an Oval, I would adviſe you to uſe your Hand to make a larger and a leſs Oval. This Hand muſt be writ with a Pen that has a clear long ſlit, and a long Nib; and in writing thereof, the Hand muſt be more light and free. In your Imitation obſerve the Rule for likeneſs of Letters delivered in the *Roman-hand*; and in joyning, you muſt unite all ſuch Letters as will naturally joyn by ſmall hair Stroaks, drawn with the left corner of the Pen, and imitate your Copy.

Directions

Directions for Arithmetick: *And first of* NUMERATION.

NUmeration is that part of Arithmetick, whereby we may duly value and expreſs any Figures ſet down in their Places, and that you may better know and underſtand what it is, I have here inſerted a Table of Numeration.

Unites.	Tens.	Hundreds.	Thouſands.	X. of Thouſands.	C. of Thouſands.	Millions.	X. of Millions.	C. of Millions.
1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9

This

This Table has in it nine Places and in every one of them are set the Value of each Figure at the upper end of the Table, so that by this you may learn to Express any Number; every Figure hath its Denomination, as one is *Unites*, another *Tens*, and another *Hundreds*, *&c.* so that if you would number the first Line, which are all *Ones*, you must begin with the first Figure on your Left-hand; look over the Head of it, and you will find its Denomination, which is hundreds of Millions. You must therefore reckon thus. One Hundred and eleven Millions, one hundred and eleven thousand, one hundred and eleven. The second Line thus; Two hundred twenty two Millions, two hundred twenty two thousand, two hundred twenty two; and so of any of the rest of the Figures.

The next thing you must learn is *Addition*.

ADDITION.

ADDITION is that part of Arithmetick, which shews how to collect or add divers Sums together, and to express their total Value in one Sum.

As for Example; Suppose you had disbursed several Sums of Money for your Lady.

	l.	*s.*	*d.*
For Wine,	5	0	0
For Sugar,	4	0	0
For Oranges,	3	0	0
For Lemons,	2	0	0
In all	14	0	0

Now to know how much your Total of this is, which you have laid out, you must add them together, and begining at the bottom, say 2 and 3 makes 5 and 4 is 9 and 5 is 14, so that it does appear that the total Sum, which you have disbursed, is 14 Pounds; there-

fore

fore make a Stroak at the Bottom, and set down 14 underneath, as you see in the Example.

This may suffice for Pounds alone, but if your Disbursements consists of Pounds, Shillings, Pence, and Farthings, you must set it down after the following Manner:

	l.	*s.*	*d.*	*q.*
For Wine,	7 :	12 :	9 :	2
For Oranges,	0 :	17 :	3 :	1
For Lemons,	1 :	2 :	11 :	3
For Sugar,	3 :	9 :	4 :	2
For Quinces,	1 :	15 :	3 :	0
For Apricocks	0 :	7 :	9 :	0
Total.	15 :	5 :	5 :	0

Now to cast up this, you must know that four Farthings make one Penny, twelve Pence is one Shilling, twenty Shillings make one Pound. Therefore in the first Place add up the Farthings; saying, 2 and 3 makes 5, and 1 is 6, and 2 is 8; which is all the Number of Farthings: You must therefore say 8 Farthings make 2 Pence, which you must carry to the next Row towards the Left-hand, which is Pence, setting down a Cypher or round 0 underneath the Farthings, because there remain not any odd Farthings: Now add up the Pence, saying, 2 which I carried, and 9 is 11, and 3 is 14, and 4 is 18, and 11 is 29, and 3 is 32, and 9 is 41. Then say 41 Pence make 3 Shillings and 5 Pence, therefore set the 5 Pence underneath the Title of Pence, and carry the 3 Shillings to the next Row, which is Shillings, saying, 3 which I carried, and 7 is 10, and 15 is 25, and 9 is 34, and 2 is 36, and 17 is 53, and 12 is 65: Then say, 65 Shillings make three Pounds, five Shillings; which 5 Shillings set down under the Row of Shillings, and carry the 3 Pounds to the next Row on the Left-hand, which is Pounds; saying, 3 which I carried and 1 is 4, and 3 is 7, and 1 is 8, and 7 is 15; which 15 set under the Row of Pounds; and then you will plainly see, that the Total of what you

you have disburſed comes to fifteen Pounds, fifteen Shillings, and five Pence. Now to prove whether your Sum be rightly added or caſt up, you muſt cut off the uppermoſt Line with a Stroak drawn as you may ſee in this Example.

l.		*s.*		*d.*		*q.*
07	:	12	:	09	:	02
00	:	17	:	03	:	01
01	:	02	:	11	:	03
03	:	09	:	04	:	02
01	:	15	:	03	:	00
00	:	07	:	06	:	00
15	:	05	:	03	:	00
07	:	12	:	07	:	02

Then caſt up all your Sum to that Stroak; which, by ſo doing, you will find come to ſeven Pound twelve Shillings, ſeven Pence Half-penny, which ſet down underneath your total Sum: Then add that Sum with the uppermoſt Line cut off, and if they both make the ſame Sum with the Total, the Sum is right caſt up, otherwiſe not, as you may ſee by this Example: For ſeven Pounds, twelve Shillings, ſeven Pence Half-penny added to the uppermoſt Line, which is ſeven Pounds, twelve Shillings, Nine-pence-half-penny, makes the total Sum, which is fifteen Pounds, five Shillings, five Pence.

Thus much for Addition; the next thing you are to learn is Subſtraction.

SUBSTRACTION.

THIS Rule teaches you to ſubſtract or take a leſs Sum from a greater, and then to know what remains; as ſuppoſe your Lady ordered you to receive of *John Jones* one hundred and twenty Pounds, and then to

to pay to *Goodman Stiles* seventy five Pounds, how would you know what you have remaining in your Hands? to do this first set down the greatest Sum, and the less Sum underneath that: As for Example,

	l.
Received	120
Paid	75
Remains	45

Now to substract the less from the greater, then you will see what remains which you must do thus: Say 5 from 0 I cannot, but 5 from 10 and there remains 5: Then say one which I borrowed and 7 is 8, 8 from 12 and there remains 4, which set down under the 7 as you see in this Example. So you plainly see if you receive one hundred and twenty Pounds, and pay away seventy five Pounds, you must have remaining in your Hands forty five Pounds.

Another Example: Suppose you receive for your Lady at several times, these Sums of Money following;

	l.	*s.*	*d.*
Received	212	14	10
	75	09	04
	30	12	06
	05	04	03
In all	324	00	11

which added up together make three hundred twenty four Pounds, and eleven Pence. Then suppose you paid out these following Sums, which added together make in the Total two hundred fourteen Pounds, six Shillings and five Pence.

l.	*s.*	*d.*
117	14	06
49	02	04
32	03	09
15	05	10
214	06	05

Now to substract and know what you have remaining, set down the Total of what you have received, and underneath the Total, of what you have paid, thus:

Substract

Substract five Pence from eleven Pence, and there remain Six-pence, which set down under the Pence: Then

	l.		*s.*		*d.*
Received	324	:	00	:	11
	214	:	06	:	05
	109	:	14	:	06

say six Shillings from nought I cannot, but six Shillings from twenty and there remain 14, which set down under the Shillings: Then go to the Pounds and say one that I borrowed an 4 is 5, 5 from 4 I cannot, but take 5 from 14 and there remains 9, which set down right under 4 in the Pounds, then say one that I borrowed and 1 is 2, 2 from 2 and there remains nought, which set down under; then say 2 from 3 and there remains one, which set down right under the 2: So you will plainly see there remains one hundred and nine Pounds fourteen Shillings and Six-pence. Now for Proof to know whether your Sum be right, add the two lower-most Lines together, and if they produce the same Figures, which the uppermost Line hath, then is your Sum right, otherwise not.

Thus I have briefly shewn you as much Arithmetick, as is necessary for keeping account of what you receive and disburse: I will only add a Multiplication Table, which you must get by Heart, and you will find it useful to you.

Multiplication

Multiplication Table.

2	3	4	5	6	7
8	9	10	11	12	

2 times is

4	6	8	10	12	14
16	18	20	22	24	

5	6	7	8	9	10
11	12				

5 times is

25	30	35	40	45	50
55	60				

3	4	5	6	7	8
9	10	11	12		

3 times is

9	12	15	18	21	24
27	30	33	36		

6	7	8	9	10	11
12					

6 times is

36	[illegible]	[illegible]	[illegible]	[illegible]	66
72					

4	5	6	7	8	9
10	11	12			

4 times is

16	20	24	28	32	36
40	44	48			

7	8	9	10	11	12

7 times is

49	56	63	70	77	84

8	9	10	11	12	

8 times is

64	72	80	88	96	

9	10	11	12		

9 times is

81	90	99	108		

The

The Compleat or Experienced Market-woman, in knowing and buying Poulterers, Fish-mongers, and Butchers Ware, as not to be over reached, cheated or deceived; with other choice Matters relating to good Marketting.

The Mystery of a Poulterer, giving a true Insight and Knowledge into the goodness or badness of Poulterers Ware.

A Capon, whether a true one, young or old, new or stale.

IF he be young his Spurs are short, and his Legs smooth; if a true Capon a fat Vein on the side of his Breast, and the Comb pale, and a thick Belly and Rump; if new, he will have a close hard Vent, if stale, a loose open Vent.

A Cock or Hen Turkey, Turkey Pouts.

If the Cock be young, his Legs will be black and smooth, and his Spurs short; if stale his Eyes will be sunk in his Head, and the Feet dry; if new, the Eyes lively and Feet limber. Observe the like by the Hen; and moreover if she be with Egg, she will have a soft open Vent, if not a hard close Vent. Turkey Pouts are known the same way, their Age cannot deceive you.

A Cock, Hen, &c.

If young his Spurs are short and dubbed, but take particular Notice they are not pared or scraped by the knavish Poulterer to cheat you, if stale he will have an open Vent, but if new, a close hard Vent: And so of a Hen for newness and staleness; if old her Legs and Comb are rough; if young, smooth.

A Tame Gooſe, Wild Gooſe, Bran Gooſe, &c.

If the Bill be yellowiſh, and ſhe has but few Hairs, ſhe is young; but if full of Hairs, and the Bill and Foot red ſhe is old; if new, limber footed; if ſtale, dry footed, and ſo of a Wild Gooſe and Bran Gooſe.

Wild Ducks and Tame Ducks.

The Duck when fat is hard and thick on the Belly, but if not, thin and lean; if new, limber footed, if ſtale, dry footed; a true Wild Duck has a reddiſh Foot, ſmaller than the Tame one.

Goodwets, Marle Knots, Ruffs, Gulls, Dotterels, and Wheat-ears.

If theſe be old their Legs will be rough, if young ſmooth; if Fat, a Fat Rump, if new, limber footed, if ſtale, dry footed.

Pheaſant, Cock and Hen.

The Cock when young has dubbed Spurs; when old, ſharp ſmall Spurs; if new a faſt vent, if ſtale an open flabby one. The Hen if young has ſmooth Legs, and her Fleſh of a curious grain; if with Egg, ſhe will have a ſoft open vent; if not, a cloſe one. For newneſs or ſtaleneſs as the Cock.

Heath and Pheaſant Pouts.

If new, they will be ſtiff and white in the Vent, and the Feet limber; if Fat, they will have a hard Vent; if ſtale, dry footed and limber, and if touch'd they will peel.

Heath Hen and Cock.

If young they have ſmooth Legs and Bills; if old, rough, for the reſt they are known as the foregoing.

Partridge, Hen or Cock.

The Bill white and the Legs bluiſh ſhew Age; for if young the Bill is black and Legs yellowiſh; if new a faſt vent, if ſtale a green and open one: If their Crops be full, and they have fed on green Wheat, they may taint there; and for this ſmell in their Mouths.

Woodcock and Snipe.

The Woodcock, if Fat, is thick and hard; if new, limber-footed; when ſtale, dry-footed; or if their Noſes are ſnotty, and their Throats muddy and mooriſh, they

are nought. A Snipe, if Fat, has a fat Vein in the side under the Wing, and in the Vent feels thick; for the reſt like the Woodcock.

Doves and Pidgeons.

To know a Turtle Dove, look for a bluiſh Ring about his Neck. and the reſt moſtly white; the Stock-dove is bigger, and the Ring-dove is leſs than the Stock-dove: The Dove-houſe Pidgeons, when old are red legg'd, if new and Fat, they will feel full and fat in the Vent, and are limber footed; but if ſtale, a flabby and green Vent.

And thus of green or gray Plover, Felfare, Blackbird, Thruſh, Larks, *&c.*

Of Hare, Leveret, Rabbit or Coney.

A Hare will be whitiſh and ſtiff if new and clean killed; if ſtale the Fleſh will be blackiſh in moſt Parts, and the Body limber: If the Cleft in her Lips ſpread very much, and her Claws are wide and ragged, ſhe is old, the contrary if young.——To know a true Leveret feel on the fore Leg near the Foot, and if there be a ſmall Bone or Knob, it is right; if not, 'tis a Hare; for the reſt obſerve as in the Hare.——a Coney if ſtale will be limber and ſlimy; if new, white and ſtiff; if old, her Claws are very long and rough, the Wool motled with gray Hairs; if young, the Claws and Wool ſmooth.

The Myſtery of the Fiſhmongers laid open, *&c.*

To chuſe Salmon, Pike, Trout, Carp, Tench, Grailing, Barbel, Chub, Ruff, Eel, Whyting, Smelt, Shad, &c.

ALL theſe are known to be new or ſtale by the Colour of the Gills, their eaſineſs or hardneſs to open, the hanging or keeping up their Fins, ſtiffneſs of their

their Bodies, the ſtanding out or ſinking of their Eyes, *&c.* and by ſmelling their Gills.

Turbat.

He is choſen by his Thickneſs and Plumpneſs, and if his Belly be of a Cream Colour he muſt ſpend well, but if thin and his Belly of a bluiſh White, he will eat very looſe.

Codd and Codling.

Chuſe him by his Thickneſs towards his Head, and the whiteneſs of his Fleſh when it is cut: And ſo of a Codling.

Ling.

For dry'd Ling, chuſe that which is thickeſt in the Poll, and the Fleſh of the brighteſt Yellow.

Scate and Thornback.

Theſe are choſen by their thickneſs, and the ſhe Scate is the ſweeteſt, eſpecially if large.

Soals.

Theſe are to be choſen by their Thickneſs and Stiffneſs when their Bellies are of a Cream Colour they ſpend the firmer.

Sturgeon.

If it cuts without crumbling, and the Veins and Griſtle give a true blue where they appear, and the Fleſh a perfect white, then conclude it to be good.

Freſh Herrings and Mackeral.

If their Gills are of a lively ſhining Redneſs, and their Eyes ſtand full, and the Fiſh is ſtiff, then they are new; but if dusky and faded, or ſinking and wrinkled, and Tails limber, they are ſtale.

Lobſters.

Chuſe them by their Weight, the heavieſt are beſt if no Water be in them: If new the Tail will fall ſmart, like a Spring; if full, the middle of the Tail will be of full hard, reddiſh, skin'd Meat. *Cock* Lobſter is known by the narrow back part of his Tail, and the two uppermoſt Fins within his Tail are ſtiff and hard; but the Hen's is ſoft, and the back of her Tail broader.

Prawns, Shrimps and Crab-fiſh great and ſmall.

The two firſt, if ſtale will be limber, and caſt a kind of Limy ſmell, their Colour fading, and they ſlimy: the two latter will be limber in their Claws and Joynts, their red Colour turn blackiſh and dusky, and will have an ill ſmell under their Throats: Otherwiſe all of them are good.

Plaice and Flounders.

If they are ſtiff, and their Eyes be not ſunk, or look dull, they are new, the contrary when ſtale. The beſt ſort of Plaice look bluiſh on the Belly.

Pickled Salmon.

If the Fleſh feels oily, and the Scales are ſtiff and ſhining, and it come in Fleaks, and parts without crumbling, then it is new and good, and not otherwiſe.

Pickled and Red-herrings.

For the firſt, open the Back to the Bone, and if the Fleſh be white, fleaky and oily, and the Bone white, or a bright red, they are good. If Red-herrings carry a good Gloſs, part well from the Bone, and ſmell well, then conclude them to be good.

The Myſtery of the Butcher diſcovered.

To chuſe Lamb.

IN a Fore-quarter of Lamb mind the Neck-vein; if it be an azure Blue it is new and good, but if greeniſh or yellowiſh it is near tainting, if not tainted already. In the Hinder-quarter, ſmell under the Kidney, and try the Knuckle; if you meet with a faint Scent, and the Knuckle be limber, it is ſtale killed. For a Lamb's-head mind the Eyes, if they be ſunk or wrinkled it is ſtale, if plumb and lively, it is new and ſweet.

Veal.

If the bloody Vein in the Shoulder look blue, or a bright red, it is new killed; but if blackiſh, greeniſh

or yellowiſh, it is flabby and ſtale: If wrapt in wet Cloaths, ſmell whether it be muſty or not. The Loyn firſt taints under the Kidney, and the Fleſh if ſtale killed will be ſoft and ſlimy.

The Breaſt and Neck taints firſt at the upper end, and you will perceive ſome dusky yellowneſs or greeniſh Appearance; the Sweetbread on the Breaſt will be clammy; otherwiſe it is freſh and good: The Leg is known to be new by the ſtiffneſs of the Joynt, if limber, and the Fleſh feels clammy, and has green or yellow Specks, 'tis ſtale. The Head is known as the Lambs. The Fleſh of a Bull-calf is more red and firm than that of a Cow-calf, and the Fat more hard and curdled.

Mutton.

If Mutton be young, the Fleſh will pinch tender; if old, it will wrinkle and remain ſo: If young, the Fat will eaſily part from the Lean; if old, it will ſtick by Strings and Skins: If Ram-mutton the Fat feels ſpungy, the Fleſh cloſe grained and tough, not riſing again, when dented by your Finger; if Ewe-mutton the Fleſh is paler than Weather-mutton, a cloſer grain, and eaſily parting. If there be a Rot, the Fleſh will be paliſh, and the Fat a faint whitiſh, inclining to yellow, and the Fleſh be looſe at the Bone; if you ſqueeze it hard, ſome drops of Water will ſtand up like Sweat; as to newneſs and ſtaleneſs the ſame is to be obſerved as by Lamb.

Beef.

If it be right Ox-beef it will have an open grain, if young a tender and oily ſmoothneſs: If rough and ſpungy it is old, or inclining to be ſo, except Neck, Brisket, and ſuch parts as are very fibrous, which in young Meat will be more tough than in other parts. A Carnation pleaſant Colour betokens good ſpending Meat, the Suet a curious white, yellowiſh is not ſo good.

Cow-

Cow-beef is leſs boned and cloſer grained than the Ox, the Fat whiter, but the Lean ſomewhat paler, if young the Dent you make with your Finger will riſe again in a little time.

Bull-beef is of a cloſer grain, a deep dusky red, tough in pinching, the Fat skinny, hard, and has a rammiſh, rank ſmell, and for newneſs or ſtaleneſs this Fleſh bought freſh has but few ſigns, the moſt material is its clammineſs, the reſt your Smell will inform you. If it be bruiſed thoſe Places will look more dusky or blackiſh than the reſt, for the ſettled will not evacuate the killing.

Pork.

If it be young the lean will break in pinching between you Fingers, and if you nip the Skin with your Nails, it will make a Dent; alſo if the Fat be ſoft and pulpy in a manner like Lard, and if the Lean be tough and the Fat flabby and ſpungy, feeling rough, it is old, eſpecially if the Rind be ſtubborn, and you cannot nip it with your Nails.

If of a Boar, though young, or of a Hog gelded at full growth, the Fleſh will be hard, tough, reddiſh, and rammiſh of ſmell; the Fat skinny and hard, the Skin very thick and tough, and pinched up it will immediately fall again.

As for old or new killed, try the Legs, Hands, and Springs, by putting your Finger under the Bone that comes out; for if it be tainted, you will there find it by ſmelling your Finger: beſides the Skin will be ſweaty and clammy when ſtale, but cool and ſmooth, when new.

If you find little Kernels in the Fat of Pork, like Hail-ſhot, if many 'tis meazly, and dangerous to be eaten.

How to chuſe Brawn, Veniſon, Weſtphalia-Ham *and* Engliſh *Bacon, Butter, Cheeſe, Eggs,* Engliſh *and* Outlandiſh *Fruit.*

Brawn.

BRAWN is known to be old or young by the extraordinary or moderate thickneſs of the Rind; the thick is old, the moderate is young; if the Rind and Fat be very tender it is not Boar Bacon, but Barrow or Sow.

Veniſon.

Try the Haunches or Shoulders under the Bones, that come out, with your Finger or Kniſe, and as the Scent is ſweet or rank it is new or ſtale; and the like of the ſides in the moſt fleſhy Parts: If tainted they will look greeniſh in ſome Places, or more than ordinary black. Look on the Hooſs, and if the Cleſts are very wide and tough it is old, if cloſe and ſmooth, it is young.

Weſtphalia-Hams *and* Engliſh *Bacon.*

Put a Kniſe under the Bone that ſticks out of the Ham, and if it comes out in a Manner clean, and has a curious Flavour it is ſweet and good: If much ſmeered and dulled, it is tainted or ruſty.

Engliſh Gammons are tryed the ſame way; and for other Parts try the Fat, if it be white, oily in feeling, and does not break or crumble, and the Fleſh ſticks well to the Bone, and bears a good Colour, it is good: But if the contrary, and the Lean has ſome little ſtreaks of yellow it is ruſty, or will ſoon be ſo.

Butter, Cheeſe, and Eggs.

When you buy Butter, truſs not to that which will be given you to taſte, but try it in the Middle and if your ſmell and taſte be good, you cannot be deceived.

Cheeſe

Cheese is to be chosen by its moist and smooth Coat; if old Cheese be rough coated, rugged, or dry at Top, beware of little Worms or Mites: If it be over full of holes, moist or spungy, it is subject to Maggots. If any soft or perish Place appear on the outside try how deep it goes, for the greater part may be hid within.

Eggs are to be chosen by holding them to the Light; if the White looks clear, and the Yolks floats about, it is a good Egg: If cloudy, or the Yolk be sunk to the Bottom, it is stark nought.

English *and* Outlandish *Fruit.*

If the Stalk comes out easily with the Spires belonging to it, and look rusty, the Fruit is perish'd at the Core, or if there be a rotten Speck at the Stalk, Mustiness is discerned by the roughness of their Coats, and fading of their Colour.

Oranges, Lemons, and Pomgranates are known by their Weight: If the two former be pricked, some Spots and Specks will appear; and the last, if it be not full, will rattle.

Tables of Accounts, shewing how much Wares will come to from one Pound, Yard, or Ell, to ten thousand from one Farthing to ten Shillings *per* Pound, Yard or Ell.

The Number of Pounds, Yards, Ells, or the like, to be bought or sold.	The Price	1 Farthing.				2 Farthings.				3 Farthings.			
		l.	*s.*	*d.*	*q.*	*l.*	*s.*	*d.*	*q.*	*l.*	*s.*	*d.*	*q.*
	1				1				2				3
	2				2			1	0			1	2
	3				3			1	2			2	1
	4			1	0			2	0			3	0
	5			1	1			2	2			3	3
	6			1	2			3	0			4	2
	7			1	3			3	2			5	1
	8			2	0			4	0			6	0
	9			2	1			4	2			6	3
	10			2	2			5	0			7	2
	20			5	0			10	0		1	3	0
	30			7	2		1	3	0		1	10	2
	40			10	0		1	8	0		2	6	0
	50		1	0	2		2	1	0		3	1	2
	60		1	3	0		2	6	0		3	9	0
	70		1	5	2		2	11	0		4	4	2
	80		1	8	0		3	4	0		5	0	0
	90		1	10	2		13	9	0		5	7	2
	100		2	1	0		14	2	0		6	3	0
	200		4	2	0		8	4	0		12	6	0
	300		6	3	0		2	6	0		18	9	0
	400		8	4	0		6	8	0	1	5	0	0
	500		10	5	0	1	0	10	0	1	11	3	0
	600		12	6	0	1	5	0	0	1	17	6	0
	700		14	7	0	1	9	2	0	2	3	9	0
	800		16	8	0	1	13	4	0	2	10	0	0
	900		18	9	0	1	17	6	0	2	16	3	0
	1000	1	0	10	0	2	1	8	0	3	2	6	0
	2000	2	1	8	0	4	3	4	0	6	5	0	0
	3000	3	2	6	0	6	5	0	0	9	7	6	0
	4000	4	3	4	0	8	6	8	0	12	10	0	0
	5000	5	4	2	0	10	8	4	0	15	12	6	0
	10000	10	8	4	0	20	16	8	0	31	5	0	0

A Table of Accounts.

The Number of Pounds, Yards, Ells, Gallons, or the like, to be bought or sold.

The Price	1 Peny.			2 Pence.			3 Pence.		
	l.	*s.*	*d.*	*l.*	*s.*	*d.*	*l.*	*s.*	*d.*
1			1			2			3
2			2			4			6
3			3			6			9
4			4			8		1	0
5			5			10		1	3
6			6		1	0		1	6
7			7		1	2		1	9
8			8		1	4		2	0
9			9		1	6		2	3
10			10		1	8		2	6
20		1	8		3	4		5	0
30		2	6		5	0		7	6
40		3	4		6	8		10	0
50		4	2		8	4		12	6
60		5	0		10	0		15	0
70		5	10		11	8		17	6
80		6	8		13	4	1	0	0
90		7	6		15	0	1	2	6
100		8	4		16	8	1	5	0
200		16	8	1	13	4	2	10	0
300	1	5	0	2	10	0	3	15	0
400	1	13	4	3	6	8	5	0	0
500	2	1	8	4	3	4	6	5	0
600	2	10	0	5	0	0	7	10	0
700	2	18	4	5	16	8	8	15	0
800	3	6	8	6	13	4	10	0	0
900	3	15	0	7	10	0	11	5	0
1000	4	3	4	8	6	8	12	10	0
2000	8	6	8	6	13	4	25	0	0
3000	12	10	0	5	0	0	37	10	0
4000	16	13	4	3	6	8	50	0	0
5000	20	16	8	41	13	4	62	10	0
10000	41	13	4	83	6	8	125	0	0

A Table of Accounts.

The Number of Yards, Ells, Gallons, Pounds, or the like to be bought or sold.

The Price	4 Pence.			5 Pence.			6 Pence.		
	l.	*s.*	*d.*	*l.*	*s.*	*d.*	*l.*	*s.*	*d.*
1			4			5			6
2			8			10		1	0
3		1	0		1	3		1	6
4		1	4		1	8		2	0
5		1	8		2	1		2	6
6		2	0		2	6		3	0
7		2	4		2	11		3	6
8		2	8		3	4		4	0
9		3	0		3	9		4	6
10		3	4		4	2		5	0
20		6	8		8	4		10	0
30		10	0		12	6		15	0
40		13	4		16	8	1	0	0
50		16	8	1	0	10	1	5	0
60	1	0	0	1	5	0	1	10	0
70	1	3	4	1	9	2	1	15	0
80	1	6	8	1	13	4	2	0	0
90	1	10	0	1	17	6	2	5	0
100	1	13	4	2	1	8	2	10	0
200	3	6	8	4	3	4	5	0	0
300	5	0	0	6	5	0	7	10	0
400	6	13	4	8	6	8	10	0	0
500	8	6	8	10	8	4	12	10	0
600	10	0	0	12	10	0	15	0	0
700	11	13	4	14	11	8	17	10	0
800	13	6	8	16	13	4	20	0	0
900	15	0	0	18	15	0	22	0	0
1000	16	13	4	20	16	8	25	0	0
2000	33	6	8	41	13	4	50	10	0
3000	50	0	0	62	10	0	75	0	0
4000	66	13	4	83	6	8	100	0	0
5000	83	6	8	104	3	4	125	0	0
10000	166	13	4	208	6	8	250	0	0

A Table of Accounts.

The Price	7 Pence.			8 Pence.			9 Pence.		
	l.	*s.*	*d.*	*l.*	*s.*	*d.*	*l.*	*s.*	*d.*
1			7			8			9
2		1	2		1	4		1	6
3		1	9		2	0		2	3
4		2	4		2	8		3	0
5		2	11		3	4		3	9
6		3	6		4	0		4	6
7		4	1		4	8		5	3
8		4	8		5	4		6	0
9		5	3		6	0		6	3
10		5	10		6	8		7	6
20		11	8		13	4		15	0
30		17	6	1	0	0	1	2	9
40	1	3	4	1	6	8	1	10	0
50	1	9	2	1	13	4	1	17	6
60	1	15	0	2	0	0	2	5	0
70	2	0	10	2	6	8	2	12	6
80	2	6	8	2	13	4	3	0	0
90	2	12	6	3	0	0	3	7	6
100	2	18	4	3	6	8	3	15	0
200	5	16	8	6	13	4	7	10	0
300	8	15	0	10	0	0	11	5	0
400	11	13	4	13	6	8	15	0	0
500	14	11	8	16	13	4	18	15	0
600	17	10	0	20	0	0	22	10	0
700	20	8	4	23	6	8	26	5	0
800	23	6	8	26	13	4	30	0	0
900	26	5	0	30	0	0	33	15	0
1000	29	3	4	33	6	8	37	10	0
2000	58	6	8	66	13	4	75	0	0
3000	87	10	0	100	0	0	112	10	0
4000	116	13	4	133	6	8	150	0	0
5000	145	16	8	165	13	4	187	10	0
10000	291	13	4	333	6	8	375	0	0

The Number of Pounds, Yards, Ells, or the like, to be bought or sold.

A Table of Accounts.

The Number of Pounds, Yards, Ells, or the like, to be bought or sold.

The Price	10 Pence.			11 Pence.			1 Shillings.	
	l.	*s.*	*d.*	*l.*	*s.*	*d.*	*l.*	*s.*
1			10			11		1
2		1	8		1	10		2
3		2	6		2	9		3
4		3	4		3	8		4
5		4	2		4	7		5
6		5	0		5	6		6
7		5	10		6	5		7
8		6	8		7	4		8
9		7	6		8	3		9
10		8	4		9	2		10
20		16	8		18	4	1	0
30	1	5	0	1	7	0	1	10
40	1	13	4	1	16	8	2	0
50	2	1	8	2	5	10	2	10
60	2	10	0	2	15	0	3	0
70	2	18	4	3	4	2	3	10
80	3	6	8	3	13	4	4	0
90	3	15	0	4	2	6	4	10
100	4	3	4	4	11	8	5	0
200	8	6	8	9	3	4	10	0
300	12	10	0	13	15	0	15	0
400	16	13	4	18	6	8	20	0
500	20	16	8	22	18	4	25	0
600	25	0	0	27	10	0	30	0
700	29	3	4	32	1	8	35	0
800	33	6	8	36	13	4	40	0
900	37	10	0	41	5	0	45	0
1000	41	13	4	45	16	8	50	0
2000	83	16	8	91	13	4	100	0
3000	125	10	0	137	10	0	150	0
4000	166	13	4	183	6	8	200	0
5000	208	6	8	229	3	4	250	0
10000	416	13	4	458	6	8	500	0

A Table of Accounts.

The Price	2 Shillings.		3 Shillings.		4 Shillings.	
	l.	*s.*	*l.*	*s.*	*l.*	*s.*
1		2		3		4
2		4		6		8
3		6		9		12
4		8		12		16
5		10		15	1	0
6		12		18	1	4
7		14	1	1	1	8
8		16	1	4	1	12
9		18	1	7	1	16
10	1	0	1	10	2	0
20	2	0	3	0	4	0
30	3	0	4	10	6	0
40	4	0	6	0	8	0
50	5	0	7	10	10	0
60	6	0	9	0	12	0
70	7	0	10	10	14	0
80	8	0	12	0	16	0
90	9	0	13	10	18	0
100	10	0	15	0	20	0
200	20	0	30	0	40	0
300	30	0	45	0	60	0
400	40	0	60	0	80	0
500	50	0	75	0	100	0
600	60	0	90	0	120	0
700	70	0	105	0	140	0
800	80	0	120	0	160	0
900	90	0	135	0	180	0
1000	100	0	150	0	200	0
2000	200	0	300	0	400	0
3000	300	0	450	0	600	0
4000	400	0	600	0	800	0
5000	500	0	750	0	1000	0
10000	1000	0	1500	0	2000	0

The Number of Pounds, Yards, Gross, or the like, to be bought or sold.

A Table of Accounts.

The Number of Rounds, Yards, Gross, or the like, to be bought or sold.

ThePrice	5 Shillings.		6 Shillings.		7 Shillings.	
	l.	*s.*	*l.*	*s.*	*l.*	*s.*
1		5		6		7
2		10		12		14
3		15		18	1	1
4	1	0	1	14	1	8
5	1	5	1	10	1	15
6	1	10	1	6	2	2
7	1	15	2	12	2	9
8	2	0	2	8	2	16
9	2	5	2	4	3	3
10	2	10	3	0	3	10
20	5	0	6	0	7	0
30	7	0	9	0	10	10
40	10	0	12	0	14	0
50	12	10	15	0	17	10
60	15	0	18	0	21	0
70	17	10	21	0	24	10
80	20	0	24	0	28	0
90	22	10	27	0	31	10
100	25	0	30	0	35	0
200	50	0	60	0	70	0
300	75	0	90	0	105	0
400	100	0	120	0	140	0
500	125	0	150	0	175	0
600	150	0	180	0	210	0
700	175	0	210	0	245	0
800	200	0	240	0	280	0
900	225	0	270	0	315	0
1000	250	0	300	0	350	0
2000	500	0	600	0	700	0
3000	750	0	900	0	1050	0
4000	1000	0	1200	0	1400	0
5000	1250	0	1500	0	1750	0
10000	2500	0	3000	0	3500	0

A Table of Accounts.

The Number of Pounds, Yards, Gross, or the like, to be bought or sold.

The Price	8 Shillings.		9 Shillings.		10 Shillings.	
	l.	*s.*	*l.*	*s.*	*l.*	*s.*
1		8		9		10
2		16		18	1	0
3	1	4	1	7	1	10
4	1	12	1	16	2	0
5	2	0	2	5	2	10
6	2	8	2	14	3	0
7	2	16	3	3	3	10
8	3	4	3	12	4	0
9	3	12	4	1	4	10
10	4	0	4	10	5	0
20	8	0	9	0	10	0
30	12	0	13	10	15	0
40	15	0	18	0	20	0
50	20	0	22	10	25	0
60	24	0	27	0	30	0
70	28	0	31	10	35	0
80	32	0	36	0	40	0
90	36	0	40	10	45	0
100	40	0	45	0	50	0
200	80	0	90	0	100	0
300	120	0	135	0	150	0
400	160	0	180	0	200	0
500	200	0	225	0	250	0
600	240	0	270	0	300	0
700	280	0	315	0	350	0
800	320	0	360	0	400	0
900	360	0	405	0	450	0
1000	400	0	450	0	500	0
2000	800	0	900	0	1000	0
3000	1200	0	1350	0	1500	0
4000	1600	0	1800	0	2000	0
5000	2000	0	2250	0	2500	0
10000	4000	0	4500	0	5000	0

The Use of these Tables, will serve for many good Purposes, and their use is very easy, as by

EXAMPLE. 1.

Suppose you are to buy 100 Yards of coarse Cloth at 9 *d.* the Yard, what will the 100 Yards come to? Look for 9 *d.* at the Head of the fourth Table, and for 100 in the first Row or Column of the same Table, and against 100 and under 9 *d.* you shall find 03 *l.* 15 *s.* 0 *d.* and so much will 100 Yards at 9 *d.* the Yard come to.

EXAMPLE. 2.

Suppose you are to buy 70 Pounds of Sugar at 5 *d.* the Pound, what will the seventy Pounds come to? Look in the third Table for 5 *d.* at the Head of it, and for 70 in the first Column of the same Table, and against 70 and under 5 *d.* you shall find 01 *l.* 9 *s.* 2 *d.* and so much will 70 Pounds at 5. *d.* the Pound amount.

But if you cannot find your just Price at the Head of the Table, nor your just Number in the first Row or Column, you must then take it out at twice, and add them together, and the Sum will answer your Question.

EXAMPLE. 3.

Suppose you are to buy 10 Stones of Meat at 0 *l.* 1 *s.* 9 *d.* the Stone (8 Pounds to the Stone, though in some parts of *England* they allow 14 Pounds to a Stone) then how much Money will it come to?

	s.	*d.*
8 at 1 *s.* ——	8	0
and at 9 *d.* ——	6	6
	14	6

EXAM

EXAMPLE. 4.

Sometimes you must take it out at thrice: As if you are to buy 7 Stones and three Pounds and a half of Meat, at 2 *s.* the Stone, what will it come to?

	l.	*s.*	*d.*	*q.*
7 Stone at 2 *s.* is	0 :	14 :	0 :	0
3 Pound is ——	0 :	0 :	9 :	0
half a Pound is	0 :	0 :	1 :	2
	0 :	14 :	10 :	2

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